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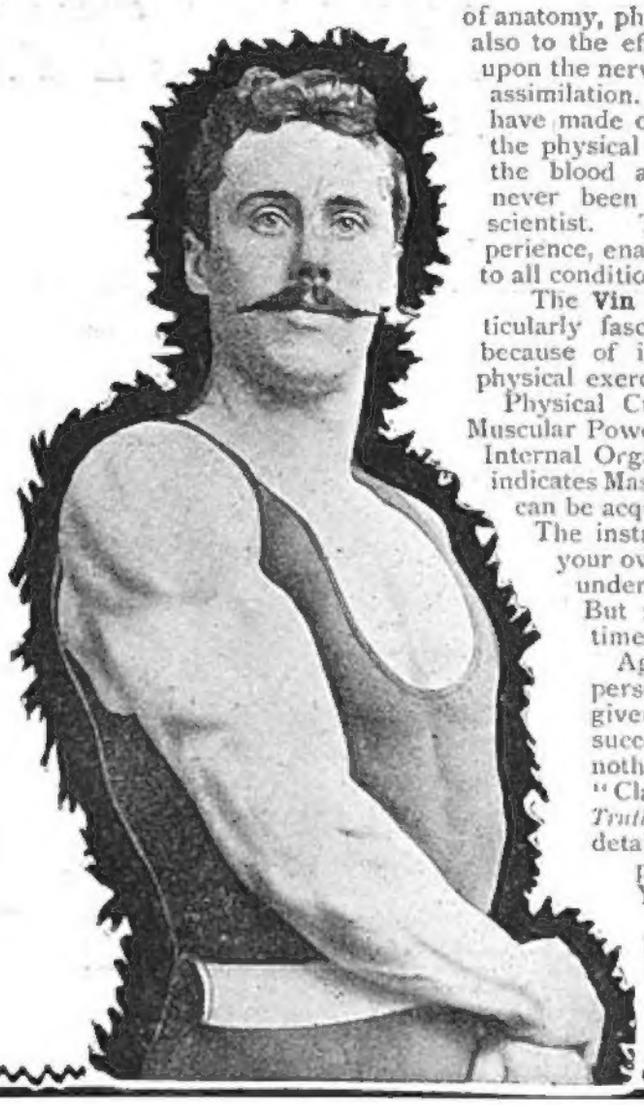

of anatomy, physiology, pathology, histology, and hygiene; also to the effect and influence of physiological exercise upon the nervous system and the process of digestion and assimilation. This scientific and thorough study which I have made of the physiological effect of exercise, such as the physical and chemical changes which take place in the blood and every cell and tissue of the body, has never been undertaken by any other instructor or scientist. This knowledge, combined with vast experience, enables me to adapt my instructions successfully to all conditions of health.

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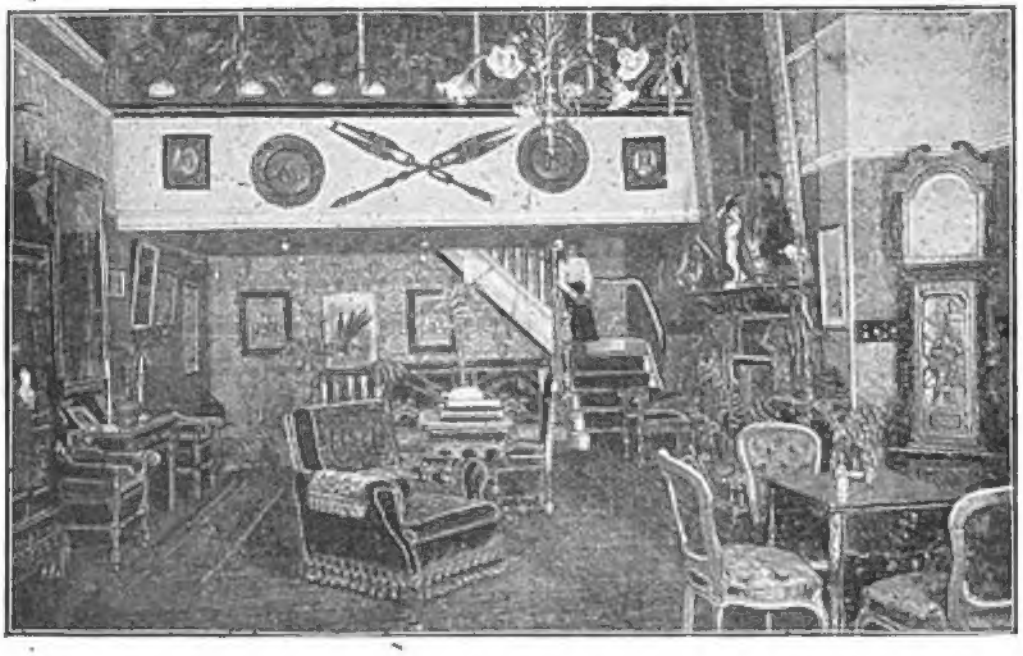

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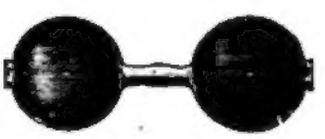

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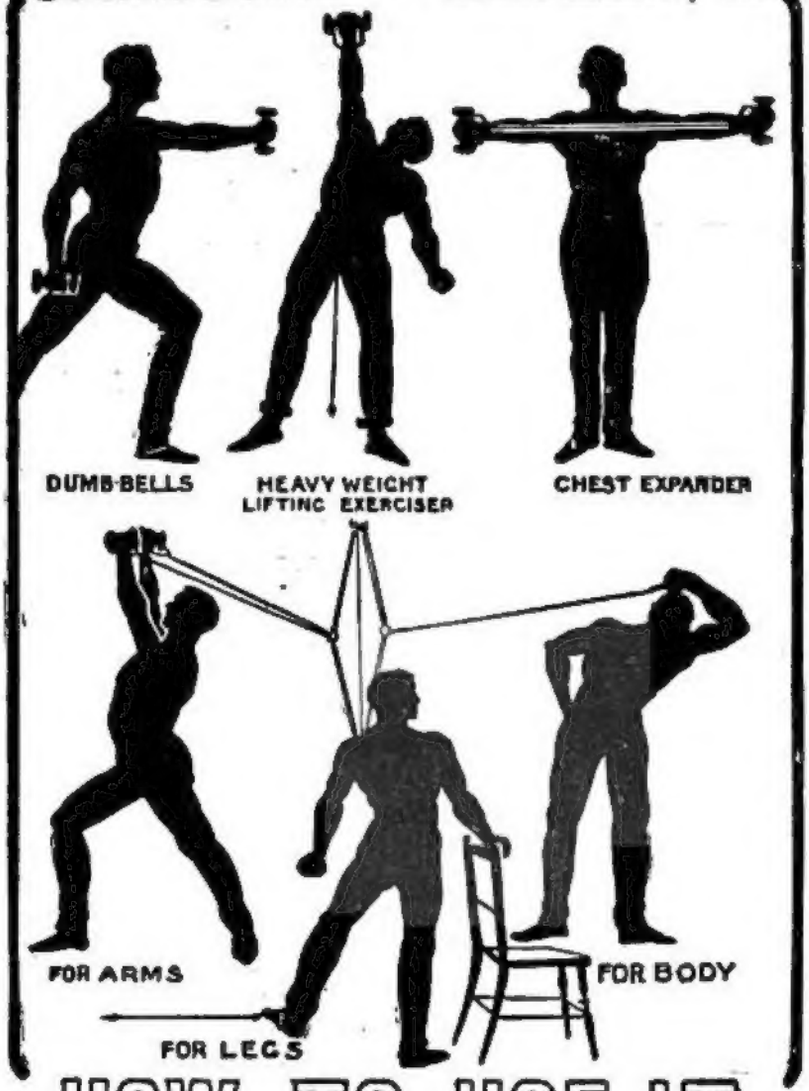

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For obvious reasons it is not possible for me to disclose the names and addresses in the cases referred to below, but in order that the medical profession may have greater facilities for investigating my methods and observing the results obtained, I cordially invite them, and I will gladly afford them every opportunity to study the records of all the cases that have been and are under treatment.

Constipation.

CASE No. 4680. J.M.M. Medical man, aged 43, suffering with chronic constipation — ***Report after 28 days' Treatment.*** "I am extremely pleased to report myself as feeling A.1. Far more important I think is the increased feeling of well being and above all the **complete disappearance of the constipation** which has been my bugbear for 10 or 12 years."

Liver Troubles.

CASE 4871. Rev. G.B.S. Clergymen, aged 48, suffering from liver troubles, constipation an "tired and fagged out feeling."—***Report after 28 days' Treatment.*** "Greatly improved. **Have scarcely experienced that terribly tired, fagged-out feeling** in my work, which I suffered from before—bowels correct."

Insomnia.

CASE No. 4757. H.E. Gentleman, aged 28, suffering from insomnia, indigestion, and constipation.—***Report after 28 days' Treatment.*** "Very much better in health, **sleep sounder,** digestion better, and bowels correct."

Indigestion.

CASE No. 4711. E W. Lady, aged 44, suffering with obesity, indigestion and constipation.—***Report after 12 days' Treatment.*** "**Digestion greatly improved,** bowels improved, heavy tired feeling better, weight reduced 1st. 2lbs. The doctor says I must on no account miss one of your exercises, they are all important."

Loss of Vigour.

CASE No. 5005. J.B. Gentleman, aged 22, feeling of extreme lassitude.—***Report after 12 days' Treatment.***—"Feeling greatly benefitted by your system. **It has put more vigour into my life,** feel more able for daily duties."

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CASE No. 2462B. L.H. Age 25.—***Report after 3 months' Treatment.*** "Since taking your course of instruction I have greatly increased in strength and physical development—my biceps having increased 2 inches and my other muscles proportionately."

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Reprinted from Sir George Newnes' Paper, WOMAN'S LIFE, *February* 13, 1904.

Beauty in Business.

AN INTERESTING CHAT WITH MRS. ADA S. BALLIN.

"PERSONAL appearance is one of the most important elements in business and social success," was a phrase that struck the writer in an article by Mrs. Ada S. Ballin, the well-known authority on health and beauty, and he straightway determined to interview her on the subject on behalf of WOMAN'S LIFE, and consequently called by previous appointment at her residence, 18, Somerset Street, Portman Square.

"I think," said Mrs. Ballin, "that people do not attach sufficient importance to the influence which personal appearance has upon others, and although quite perfectly alive to the fact that when applying for a situation, or endeavouring to get on in society, they should be well and suitably dressed, they do not realize how much personal defects, which in themselves are remediable, may make or mar their career. A striking example of this is the case of a medical man, an M.D. of the London University, who came to me complaining that he was only able to get a practice in a poor part of Wales, because smart people would not employ a doctor, however well qualified, who had a large birthmark on his face. He had been, unsuccessfully, to all the best known skin specialists in London and Paris. I fortunately succeeded in

Mrs. ADA S. BALLIN,
The well-known beauty specialist who gives an interesting account of her work.

Photo by the London Photo Co., Ltd.

ENTIRELY REMOVING THE BIRTH-MARK BY MEANS OF ELECTROLYSIS.

with the result that he has now bought a London practice and is doing well. In another case a schoolmaster, who had a mole on the tip of his nose, told me that the boys staring at this made him so nervous that he was almost unable to pursue his profession, and he left me feeling very happy at the removal of the obnoxious mark. In the case of women, of course, birthmarks and similar disfigurements are often a hindrance to marriage, and I have known many people afflicted in this way who, after I had cured them, made excellent marriages. This was particularly the case with three or four women who had been troubled with such pronounced beards that even if they had shaved they would have been afraid to let a man kiss them for fear of his finding it out, but who are now all happily married and rejoicing in the fact that science had found a means of curing so awful a disfigurement.

"Eyebrows which meet across the forehead are generally considered a sign of bad temper, and it is wonderful how much the expression of the face is improved, when, by the removal of the offending hairs, the eyebrows are trimmed to proper shape. But perhaps worst of all, as damaging to the reputation and preventing the possibility of getting good employment, is a

RED NOSE,

which is supposed to be so characteristic of the tippler, although the redness frequently arises from quite other causes. This trouble can usually be cured by attention to general health, and by the local use of suitable lotions, the most prominent of the red veins showing on the nose being removed by electrolysis. Curiously enough, the worst cases I have treated have been those of strict teetotallers, and I have

RECENTLY HAD AS A PATIENT A TEMPERANCE LECTURER

who told me that every time he was talking to drunkards he felt that they were inwardly convinced that he would go home and drink a dram quietly by himself. Another case was that of a lady, a prison visitor and total abstainer, who wrote to me after treatment, 'You can hardly understand the relief I feel, as I can now go about my duties without being afraid that those I am trying to convert are inwardly suspicious of my own character.' I had rather a funny experience as regards this trouble in the case of a gentleman whom I was treating for redness of the nose, and, in giving a dietary list, told him that he must not take sugar. 'That will be for me to set a bad example,' he said, 'for, as it happens, I am a West Indian sugar planter!'

"The fact that there are many who recognize that, although of no importance as regards general health, personal defects of the kind described are of great importance as regards personal happiness, is shown by my having patients come to me from parts of the world so far afield as South Africa, New Zealand, and the wilds of Canada. Much may be done to remedy even the most hideous defects, and where there are no such serious troubles, by giving time and attention to the care of the personal appearance, keeping the skin healthy, the hands white, and the nails well trimmed, every man and woman may do much to improve his or her chances both of business and social success."

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SPRING GRIP DUMB BELLS

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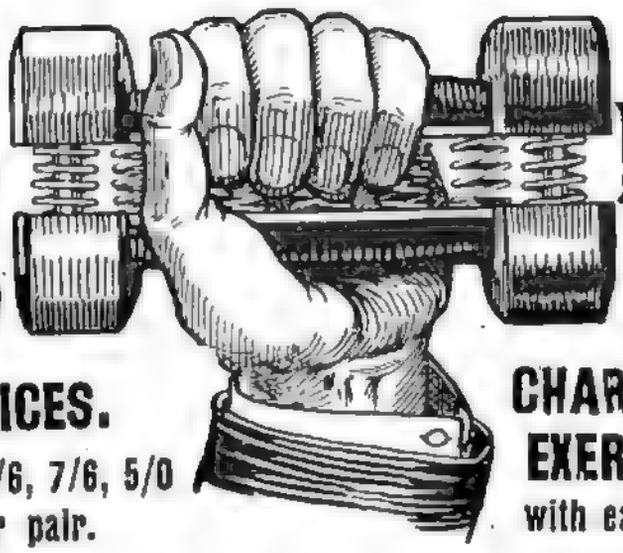

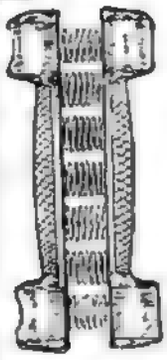

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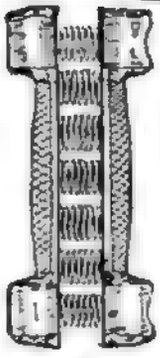
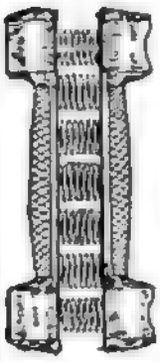
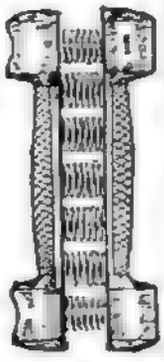


THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.



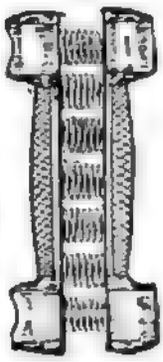
The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **ONE PAIR WILL SUFFICE HIM FOR ALL TIME.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"GRIP" DUMB-BELL,** upon the merits of which I need not enlarge.



I have always taught that muscle is developed **BY WILL-POWER,** not by mechanical movement, and the simple principal of this latest invention is, by calling forth a **CONTINUAL EXERCISE OF WILL-POWER, TO OBTAIN RESULTS IMPOSSIBLE WITH ANY PREVIOUS DUMB-BELL.**

Yours faithfully,

EUGEN SANDOW.



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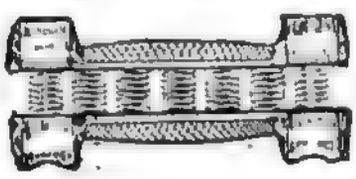

SALE AND EXCHANGE.

In response to the wishes expressed by many of my readers, I have decided to open a Sale and Exchange column, and venture to express the hope the same may be found of great service.

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MONTHLY 6d.

SANDOW'S MAGAZINE.

MONTHLY 6d.

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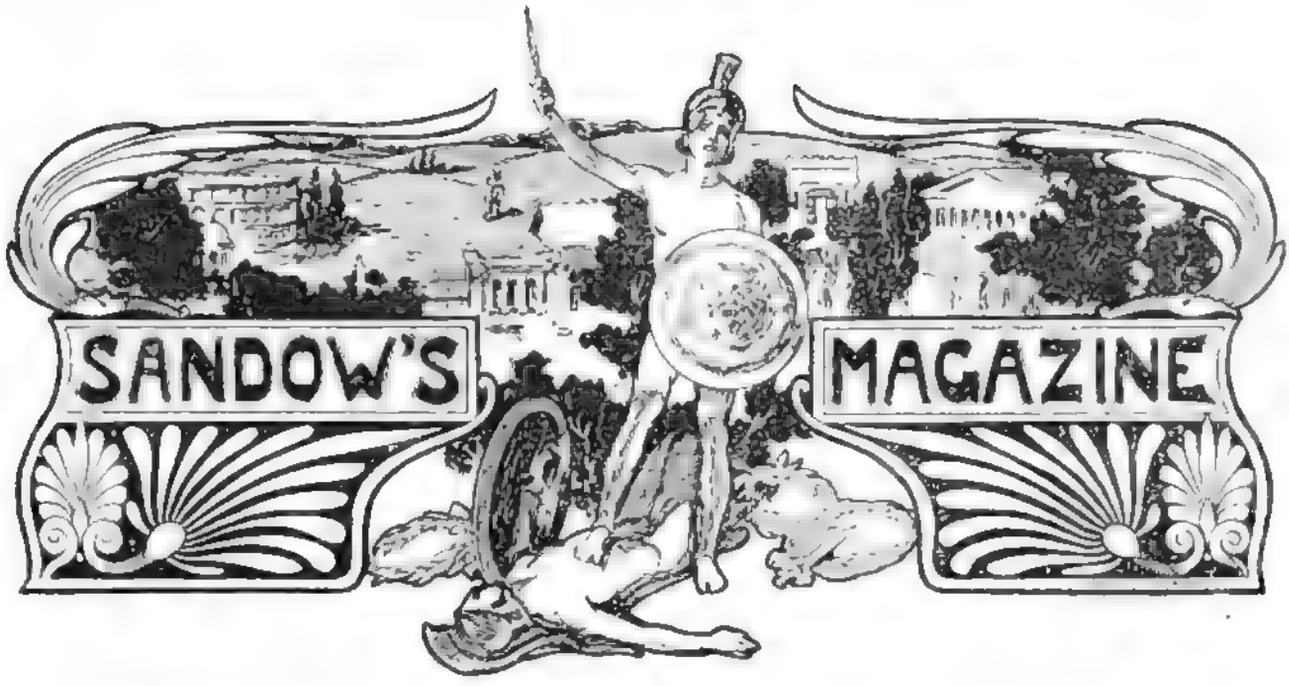
ANDROMEDA. (*Guido Reni.*)



OF

PHYSICAL CULTURE, SPORT, AND FICTION.

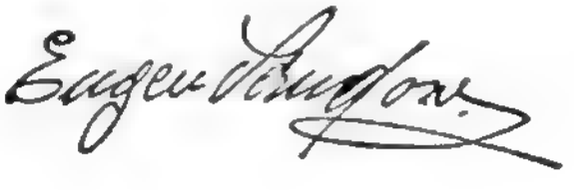
VOL. XII. APRIL, 1904. No. 70.

Physical Culture Competitions and Beauty Shows.

NO doubt many, if not all my readers, will remember that three years ago I instituted a great physical culture competition, the success of which exceeded my most sanguine expectations. I need hardly mention that this competition was not formed with any idea of gain, the whole of the expense, including the final demonstration at the Albert Hall, being borne by myself, whilst the entire proceeds were handed over to the Mansion House War Relief Fund. For the success of this we were largely indebted to all those who took part, many coming from long distances and at considerable inconvenience, whilst Sir Charles Lawes, the eminent sculptor and athlete, and Dr. Sir Conan Doyle, the famous author, gave their services as judges. But it is not for the purpose of dilating on this particular competition that I have drawn attention to it, but to deal with events which have succeeded it. As was only to be expected, the competition has since had many imitators, but there can be no gainsaying the fact that they have fallen far short of the ideal so far as results are concerned, and the reason is not far to seek. Whereas my competition was instituted with a purely philanthropic motive, and with a view to demonstrating the rapid strides which physical culture had made in a brief space of time, those contests which have taken place recently have had as their primary object gain for the promoters, with the result that whilst a certain amount of interest was taken

in the competitions by the general public, candidates did not present themselves in such numbers as to allow of an adequate estimate of the physique of the country.

Just now the question of the physique of the fair sex is engaging considerable attention, and anything which will tend to bring about an improvement is much to be commended, providing, of course, the competition is carried out under proper lines and with a due regard to the susceptible nature of the sex. And it is this branch of recent competitions on which I desire to speak to you this month. Competition is a great aid to existence. Without competition apathy reigns supreme, and instead of going ahead we should be steadily on the down grade. For this reason, if for no other, competition in everything is to be encouraged, for it makes you "buck up!" But to make it beneficial to the community at large, it must appeal to the whole and not to a section. In losing sight of this fact the promoters of recent contests failed in their endeavour, insomuch that they ignored woman's natural modesty and placed her on the same plane with man, with the result that only a very small percentage of those who, by careful attention to their physical condition and by systematic exercise, have brought their bodies nearer the ideal than their sisters, could be found to face the ordeal, for such it is when a woman is called upon to display herself before an audience of strangers. It is this portion of the whole business which I feel it my bounden duty to decry—not with any hostile feeling, let me hasten to explain, for I appreciate fully the excellent objects which promoters of such exhibitions have at heart, but merely to point out that, in my opinion, the system under which the competitions have been carried out is a wrong one, as likely to appeal more to the sensuous than to the one who has the nation's welfare at heart. In the privacy of the gymnasium, or before an audience comprised solely of her own sex, it may be possible for a woman to put herself to the test of being judged; but is it feasible to suppose that, in the majority of cases at least, the candidates would give a fair representation of the average physique of the community? No, what is wanted is something which will appeal more generally. Surely there is no necessity, in order to obtain an opinion as to the physical development of a woman, that she should have to display her figure in fleshings to the full view of an audience. Although modesty nowadays is not of that Mrs. Grundy order which prevailed in the days of our youth, yet I take it that the fair sex have more than a spark of womanly feeling left in them, and it is preposterous to suppose that in the majority of cases they would not object strenuously to such an exhibition of their natural charms. I had ample proof of my contention last year, when I instituted a ladies' competition in the magazine. A large number of ladies expressed their willingness to send in photographs on condition that they were judged by a committee, and not published in the magazine to be criticised and voted upon by the general public. Absurd, I hear some remark. Perhaps so, but it only goes to prove how difficult it is to get ladies to enter the lists, and, to my personal knowledge, there are many who have at various times been pupils at my schools who, by diligent attention to exercise, have brought their bodies to such a pitch of perfection as would, if seen by others, create the wildest envy, but nothing would induce them to so display themselves. No, the present system of carrying out ladies' competitions is entirely wrong, and I hope ere long to be able to place before the public a scheme which will remedy all this, and enable me to show the world at large the proper way to create interest amongst womanfolk in the cult of the body.



Anderson, Photo.]

THE HOLY GATHERING. (*Vecchio.*)

Physical Beauty in Art.

By C. LANG NEIL.

IV.

WHILST studying the question of the representation of physical perfection by the greatest artists, one cannot but express surprise that even when landscape painting was at the height of its popularity, artists stood by man as the most beautiful thing God ever created.

True, indeed, it is that men like immortal Turner have not made him the subject of their greatest efforts, but even Turner regretted the failure—as compared with the success of his landscapes—of his classic studies. His "Apollo and Python" is, perhaps, not all that could be desired, but there is something in Apollo's "keen enjoyment of the struggle with the monster" that makes the whole work take rank among the first favourites. The words quoted are those of Mr. Cosmo Monkhouse, in his "Life of Turner," and, referring to this picture, he says, "there is no

picture which better shows the greatness of Turner's power of pictorial imagination."

Turner, the leading light of the latter half of the eighteenth century, cannot be considered as a figure painter, therefore I shall not refer to him again, except to add that Turner's chief studies or drawings of the human figure were made after reading Ovid's "Metamorphoses." There is in each of these studies a beauty and grace that helps us to believe man is but the likeness of his Maker.

One of the shining lights of the period 1750–1800 was that much-tried and troubled person, Haydon.

Mrs. Charles Heaton, in a short biographical sketch, says of him that "a Neapolitan journeyman in his father's employ seems to have been the first to tell him of the glories of Italian art—of Raphael and the Vatican—and to have advised him to draw *de fegore* rather than landscape. With this aim he studied anatomy with the utmost zeal."

RAPE OF THE SABINES. (*Giovanni da Bologna.*)

The closing words of the above quotation will serve to show that the greater masterpieces of the world are not imagination (speaking of the figures), nor mere copies, but the result of physiological studies as well as high art. It was the book on anatomy, not the book dealing with the exploits of the "mighty dead," that taught the artist what the perfect man should be.

My readers may know that Haydon suffered great reverses of fortune, but, even when forced to do other work he had no taste for, at the least chance he got he was back again to his old studies,

confident that he could show the world by his art the beauty of perfect development.

One can say of Haydon's work that his figures stand as models of what the human figure should be, though, perhaps, unsuited for the part they play in his pictures.

There is a touch of the world's irony in one event in Haydon's life. He once took the Egyptian Hall to give an exhibition of his work, and whilst he was giving an exhibition of physical beauty and losing money heavily, in another hall in the same building, Tom Thumb was on exhibition and scoring a big success.

Turning from Haydon we come to Sir David Wilkie, a Scotchman, and one of the most clever men of his day.

Although not a painter of the nude, Wilkie commenced his studies at the Edinburgh Academy by copying models of the antique. The result is that all his draped figures of men have a muscular look about them, as though the artist had first painted the muscles in and then the clothes over them.

Of Wilkie, Mrs. Heaton tells the following story. One day, after a few weeks' study at the Academy, Wilkie took home to his father some very careful drawings of a foot taken from the antique. When his father saw it, he said, "A foot! a foot! it's mair like a fluke (*i.e.*, a flounder) than a foot."

Wilkie was the artist who very much disliked drawing from a model of a *piece* of the human body. He always wanted to draw a a part of the whole, not the whole of a part. There is one thing Wilkie's pictures will

Anderson, Photo.]

MARS, VENUS, AND CUPID. (*Paris.*)

Anderson, Photo.]

S. SEBASTIAN. (*C. Annibale.*)

LOTTA DI TIVOLI. (*G. Francesco.*)

Anderson, Photo.]

always be famous for, and that is the noble representation of the sons of the soil as they were in their physical glory some years back. Wilkie's farmers, carters, plough boys, and boys of tender years all seem so beautifully healthy and strong. These men were types of those who lived a strenuous but healthy life, and how superior they look to some present-day workers.

We now come to "the only master of the English school who has made flesh painting his special study." So wrote Mrs. Charles Heaton some years ago of Etty. Mrs. Heaton's description may have been true some

DAVID. (*Michael Angelo.*)

DAVID. (*Verocchio.*)

(Note the similarity in figure and pose.)

fifty years ago, but the study of the body beautiful has been the craze of recent years.

It was Etty who thought "God's most glorious work to be woman, that all human beauty had been concentrated in her," and consequently he said: "I resolved to dedicate myself to painting—not the draper's or milliner's work—but God's most glorious work."

Now, from a physiological point of view, Etty's art career was peculiar. In the early part of his student days he set to work and obtained some beautiful ideas of colouring and artistic methods of treating a subject, but still found himself an absolute failure.

Keen man that he was, he saw there was something wrong. Then, says he, "I lit the lamp at both ends of the day; I studied the skeleton, the origin and insertion of the muscles. I sketched from Albinus."* Some time after this his success was assured.

Perfection is not possible in man, but man himself likes to know what perfection is, and by study come as near to it as he can.

For this reason it was that not until Etty had perfected his human forms from a physical point of view that he was recognised.

The months bestowed on anatomical study were well repaid, for the world pronounced him the artist who had achieved the greatest knowledge of the human body.

Anderson, Photo.]

BACCHUS. (*Velasquez.*)

The following, given in "Bryan's Biographical Dictionary," is characteristic of Etty. Etty "became an Academician in 1828, and it was then suggested to him that he should discontinue his practice in the Life

* "Albinus" was the chief work of anatomical reference.

School, where he had been accustomed for years to attend every evening during the session to paint studies in oil from the living models, as it was considered incompatible with the dignity of an Academician to continue to take his place amongst the students, but he said he would rather decline the honour of membership than give up his studies."

Although Etty painted comparatively few nude male figures, yet in those given us one cannot but express wonder at the high standard of physical beauty realised. The picture of "Benaiah, one of David's Mighty Men," represents a beautiful type of man, though it must be regarded as an exception rather than a specimen of the ordinary man of that time. Etty, in his autobiography, said, "My aim in all my great pictures has been to paint some great moral on the heart." From the physical point of view the moral of all his pictures seems to be, "Oh, man or woman, know to what heights of physical perfection you may aspire."

It is curious to note that this great artist, in addition to painting great morals, had great ideals, a thing not common to all artists. Mrs. Heaton says that the motto in all his sketch books was, "Rise Early! Rise Early!"

STUDY OF A MAN. (*Leonardo da Vinci.*)

Some reference may here be made to Chantrey, the great friend of the three artists I have just mentioned. Chantrey was a sculptor of some renown, though he missed being a "brilliant" success owing to his lack of enthusiasm. It has been said of him that "it would seem that he could express in clay or marble whatever bone and muscle can show of the mind within." This wonderful power has secured for him an undying fame, though he will never be known as more than a clever man.

The student of physical culture, however, has much to learn from the work of such a man as Francis Chantrey. He knew his art thoroughly and has given to the world specimens of man and womanhood worthy to stand as models to the human race.

Chantrey at one time never worked without a model; for this reason his work has a

"humanness" in spite of its beauty and physical perfection.

It is certainly comforting to think that such a man as this sculptor, who, though simple in himself, had the highest ideals ever before him, supports absolutely the view I have taken.

Mr. G. Jones, R.A., in his "Reminiscences of Chantrey," says: "He believed that the mind and the morals are improved by the contemplation of beautiful objects; he valued everything for its intrinsic and rational importance, and almost underrated mere embellishment. . . . He deemed every adventitious aid an error and deviation from that purity that should be sought for in the human form as in historic composition."

If, and it can hardly be denied, the contemplation of beautiful objects does increase and improve the moral tone, how much more will the contemplation of the perfect form increase the desire for that perfection?

These thoughts of Chantrey turn me to the remembrance of Flaxman and Nollekins, two sculptors who did much, if not actually to raise the tone of the physiological conceptions of the period—if I may so say—to sustain the good work already done by predecessors.

In sculpture, perhaps, more than in painting, we appreciate the value of form. The painting of the master hand, of course, stands out as life, yet in sculpture work there seems something even more real.

Nollekins did much to establish a splendid type of female beauty. Not beauty of face, mark you, but beauty of form, which is certainly of the two the preferable.

One is almost tempted to call it a crying

Anderson, Photo.]

THE DEATH OF TANCREDI. (*Guercino.*)

shame that among the members of the weaker sex so many undoubtedly pretty faces should rest on almost emaciated bodies. One would imagine that the women of to-day had forgot the reason of their origin and the commands of the Creator.

Flaxman's great work was the completion of the torso of Hercules ("the" torso of his period), but, says Mr. W. B. Scott, he failed; he could not grasp or quite understand the wonderful muscular conception of the ancient sculptor.

Turning aside for a moment from sculpture to discuss the work of Stothard, I am struck with a sentence that comes from the pen of Mrs. Charles Heaton. It gives support to a point I have urged before, and shows, to put it briefly, the curious effect of "beauty without muscle."

The sentence referred to is as follows:—"One is apt to get tired at last of his (Stothard's) gracefully inane beings, without muscle and without thought, even though their drapery falls in faultless flow of line and their movements have the measure of a rhythmic dance."

How true this is. Comment is needless.

I must not close this reference to Stothard, however, without saying that some of his work stands out well and is greatly prized. I particularly refer to the work he did for the Marquis of Exeter, and in which his types of men are all that *men* should be.

To go back once more to sculpture and to bring before my readers the name of that illustrious Italian, Canova.

No man that has ever gazed on any specimen of Antonio Canova's work can fail

Anderson, Photo.

CAIN AND ABEL. (*Tintoretto.*)

to appreciate the fact that he realised that men and women were the most beautiful things ever created.

It is impossible here to treat anything like fully the wonders he has done to elevate the importance of physical perfection, not actually, but indirectly, through his beautiful work. His women were models for future generations to live up to; his men to give encouragement to the sterner sex to be manly.

His Eurydice and his Psyche are not divine in the sense of unattainable perfection, they simply stand to show women what a perfect woman could be.

The same applies to his male figures—Perseus, Creugus, Damoxenus, Hercules, Hector, and Ajax.

Even in writing of such work as Canova's one feels inspired with a longing for greater physical perfection in our day, and when one realises that golden opportunities are thrown away or thrust aside, one sighs for the degeneracy of moral tone that permits of such a state of things. The present revival of

Anderson, Photo.]

MERCURY AND THE THREE GRACES. (*Tintoretto.*)

the desire for perfection in human beings is doing much to put matters on a proper footing.

I have touched on Italian art slightly, and I feel it my duty to pay tribute to the good work which was being done by the French artists during the period dealt with in this article.

As in England, so in France, a great number of the more prominent artists were turning their attention to landscape or pastoral work, but there were many still engaged in idealising the human body.

It is, perhaps, a great pity that so few specimens of the work of early French artists have found their way into England, and that those specimens we have are chiefly "pastoral."

Those of my readers who have had the pleasure of seeing the more solid work of eighteenth-century French artists will appreciate its value as a moral lesson. Even in the lightest work, where grace and elegance predominate, the figures portrayed are all worked out, shall I say, on a purely scientific basis. The women are tall, well-made, and healthy-looking, although the heaviness of mere physical qualities is removed by the delicate work of the painter. The male forms of this period also, whether posing as gods or mortals, are strong in those essential physical qualities we now admire.

Sculpture in France at this time was keeping true to its best traditions: the master hands seeking to give to latter-day minds an idea of the perfection of the ancients.

It is truly painful to think that France, the degenerate nation, a nation looked upon as almost decaying, should hold up types of beauty for other nations to profit. It is to be hoped that France, like England has done, will arise out of its degenerate slumber, and set itself right as a nation of the world.

Turning to Germany, we find that there was not much change from early ideals during the eighteenth century. True, there was an increase in the amount of portrait painting and landscape work done, but the more important of the painters were engaged upon Biblical and classical subjects.

The end of the eighteenth century was not a pleasant time in the history of the continent, and art, like everything else, suffered. Those artists, however, who have left us specimens of their work, done probably in countries other than their own, have left on record their appreciation of a high standard of physical perfection.

(*To be continued.*)

THE ARCHERS. (*Michael Angelo.*)
From a drawing in Windsor Castle.

Old English Wrestling.

THE following excellent article on the at present all-absorbing subject appeared recently in the *Evening Standard* :—

"Let no one who has been a spectator at the present series of matches in London imagine that he has assisted at the revival of the good old English sport of wrestling. To see that he must journey to Cumberland or the West Country, where, at the rural festivals, such as the well-known Grasmere Sports in August, the natives of those districts struggle against each other in the ancient and time-honoured 'playing to wrestling.' The contest takes place in the open, on good green turf, instead of a matted music-hall stage, by the sun's own light, and not the glare of electricity, in the fresh rustling air. Around the ring, which is prepared with sawdust, are gathered holiday-making rustics, amongst whom the wrestlers, as fellow shepherds, miners, or farmers, are well known and famed for their respective skill and strength. Each spectator is more or less of a wrestler himself, quick to note and appreciate all the moves and subtle tactics in the bouts. In Cornwall the challenger tosses his cap into the ring and awaits the fall of an adversary's answering gage of battle. It soon comes, and the combatants stand face to face. They are clad in light knickers, worsted socks, and loose linen jackets. This jacket is the distinctive feature of West Country wrestling. It is made of tough, untearable linen, short and loose, with sleeves to the wrists, and it is tied easily but firmly round the neck. The only grip with which the wrestlers may lay hold of each other is by this jacket. In the Devon play the men used to wear leather shoes, devoid of any metal whatever, and kicking was freely allowed. Now the Cornish and Devonian rules have been assimilated, and in both counties wrestlers wear only worsted stockings on their feet and kicking is debarred. Having shaken hands the wrestlers open by 'playing for a hitch.' They manœuvre round and about each, dodging and crouching with agile footwork, like cats reconnoitring a mouse, to secure a good hold of the opponent's jacket. Great importance is attached to getting a favourite hitch, and if a skilled wrestler can only secure his desired hold he speedily downs his man by virtue of it. As the jacket has a low neck and does not fall to the waist, the Cornish grip is necessarily limited to the upper trunk. Half an hour is thus frequently spent in playing for a hitch, and this secured, the Cornishman goes in for heaving and hugging his opponent, while clever footwork and tripping are the Devonian speciality. The jacket-hold reduces the advantage of mere strength and weight and raises skill to the highest possible premium. One brilliant move is the 'flying mare,' in which a little Truro man was so adept that he could throw the biggest opponent over his shoulder. There is no ground wrestling, but straight upstanding clutch and heave. To win a fall a man must bring down his antagonist so that both shoulders and one hip, or both hips and one shoulder, touch the ground. Three 'sticklers' or umpires hover round the ring to decide the question of this 'fair back.' After felling two men a player becomes 'a standard,' and goes into the second round of the tourney.

"The Cumberland-Westmorland style is different, and may be seen at its best in the Grasmere and other Lake District games. There are no opening manœuvres, but the wrestlers engage by taking a firm grip of each other at the start—chin on the opponent's left shoulder, left arm over the right shoulder, and right arm under the opponent's left, with the hand clasped at the back. Thus interlocked, the men wrestle, and their hold must not be broken until one or other is fairly

downed. The tricks, moves, and feints are too many and intricate to be described; only a cinematograph could do justice to the writhing and hugging, the agile foot work, the nimbleness and strength of the body play. There are no minute distinctions as to the pinning down of one or both shoulders, the issue is the simple one that he who is thrown to touch the ground first with any part of his body (except, of course, his feet) is the loser. If both fall together, it is a 'dog fall,' and the men wrestle over again. Of all styles of wrestling, the Cumbrian calls forth the highest skill, and makes mere brute strength subservient to it, and to a man's temper, self-reliance, and agility. There is no sprawling and grovelling struggle on the earth, as dogs struggle, but an upstanding struggle as befits men who walk the earth erect on two feet. Irish wrestling is still more simple, for the men catch each other by the elbow with one hand and grip the collar with the other. They must not release this hold, and the first of the twain who goes to earth is vanquished. The Lancashire style of wrestling is very different from that of Cumberland and Westmorland. Lancashire wrestlers are permitted to take any hold whatever, either the head, trunk, or legs. It is catch-as-catch-can, and is essentially ground wrestling. On the earth the two may maul, haul, gripe, and struggle in the endeavour to bear the opponent's two shoulders to the earth. Modern Scottish wrestling is a combination of the Lancashire and Cumbrian styles.

"But in the so-called Græco-Roman wrestling which now prevails, this struggle on the ground is the very kernel of the contest. Instead of a man endeavouring to maintain his own foothold and to throw his opponent to earth, the wrestlers get down on the ground as soon as possible after engaging, and there scramble, push, and pull each other about. In this, sheer weight and strength alone count; the men are reduced to the level of beasts which walk on four legs, for tripping and sleights of foot are forbidden. Despite its proud assumption of the title 'Græco-Roman,' this is certainly not the classic wrestling of antiquity, for that was supremely graceful and athletic. Compare this ground struggle with the upright, face to face wrestle of Cumbrian dalesmen, who from 1824 until 1888 annually met in London for a wrestling tournament. But thirty years ago our native English wrestling was supplanted in popular favour by the introduction of the Græco-Roman style from the Continent. Two French giants, Le Boeuf and Dubois, came over in 1870 and after various exhibition bouts a match was arranged between them and Jameson and Wright, the champions of Cumberland and Westmorland. Owing to the difference between the Græco-Roman and Cumbrian styles, it was arranged that the men should each wrestle two bouts in their own styles and toss for the choice in the final round. The Frenchmen won in their own style, and were defeated by the Englishmen in the Cumbrian wrestles. In the final bout the Frenchmen won the toss, and naturally choosing the Græco-Roman, they defeated the unaccustomed Englishmen. Obviously fortune, rather than merit, decided the match, but it resulted in the popularisation of the Græco-Roman style and the neglect of our native English wrestling. The crude vigour and primitive strength displayed in the Græco-Roman bouts appeal directly to untutored audiences, while the agility and strength of English wrestling can be fully appreciated only by athletes. To say in defence of Græco-Roman wrestling that it is the method practised throughout the world—in France, Germany, Italy, and Japan—is not an assertion of its superiority to English wrestling, as practised either in Cornwall or Cumberland. In all English athletics victory goes not only to the strong, but there is a delicate adjustment of methods which gives scope to skill and not unfairly opposes agility against brute force. It is in this aspect of sportsmanship that English wrestling differs from foreign, and hence the pity that the Græco-Roman style is receiving public exposition to the neglect of our national and truly athletic exercise."

The Multifarious Duties of the Man in Blue.

By HAMILTON BLAIR.

Illustrated with Photographs by Messrs. Clark and Hyde.

IT is really a great pity that our police force is not drawn from a race who have eyes at the back of their heads and possibly all round their bodies as well. There would be no serious disadvantage if Robert were further supplied with two or three additional sets of thinking apparatus stowed away somewhere within his anatomy. Which part of him would best accommodate the additional brains I cannot say, but the scoffer would probably suggest that there was most room to spare in the region of his nether extremities.

DOGS AT LARGE CALL FOR HIS ATTENTION.

The above weighty conclusions, after much serious thought, are drawn from the perusal of a little book containing some two hundred pages of small type particulars of the duties of a member of the gallant band of men in blue who "keep awake o' nights" to secure the safety of our streets and see that Burglar Bill does not pay us any unwelcome attentions.

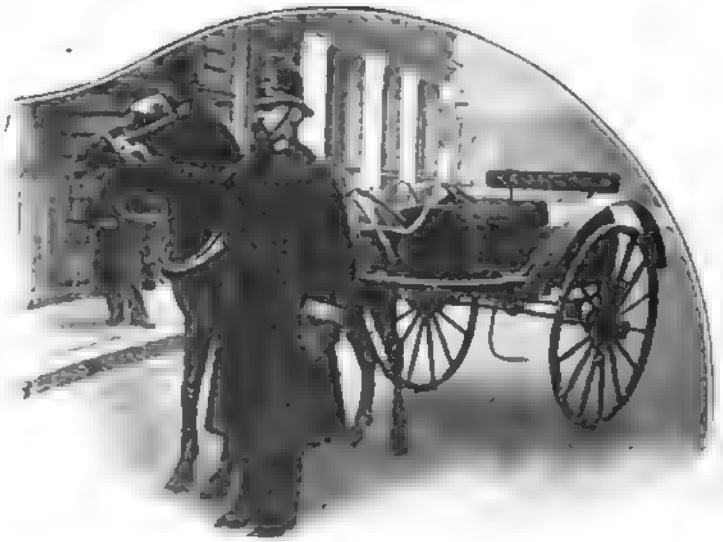
It seems that it would be a considerably simpler task to tell the few things which a police constable has not to do than to recount the innumerable duties to which at all times his wits must be alive.

Most people know that the cardinal object of the police force is the prevention of crime, yet one is apt to overlook this and regard the force as an organisation for the capture of law-breakers. This latter is, however, only the second in importance; the prevention is the main thing.

Now, Robert—when you meet him strolling leisurely along the road in your respectable neighbourhood—looks so solid and calm and dignified that you would little think that he is, or certainly ought to be, looking you up and down with searching gaze to discover whether or not you are a deserter from His Majesty's Army or the Royal Navy. But such is his duty. I mention this before some other more curious obligations, because a constable's keeping a keen eye for truant soldiers or sailors is one of those virtues

which carries its own reward to the tune of £3 for a sailor and 5s. to 20s. for a soldier. Why such a slight is cast by our laws upon the military as to value a recalcitrant fighting man at a possible 5s., whilst the humblest of runaway sailors fetches his captor £3, passes the understanding of the ignorant layman.

In the fortunate event of a first scrutiny satisfying the worthy limb of the law that your physique precludes the possibility of your having ever been passed into either of the "services," he must next make a mental comparison of your appearance with some hundreds of descriptions of wanted people which have been recently posted up at his station. Upon assuring himself that you are not one of these he must next observe that the glance of your eye and your general demeanour is one of sanity and occupation, for he is required to take in charge "any person wandering at large or apparently a lunatic."



HORSES AND TRAPS LEFT OUT OF CONTROL MUST BE TAKEN "TO SOME SAFE PLACE."

DOORS OF WAREHOUSES LEFT OPEN MUST BE SECURED AS FAR AS POSSIBLE.

Not only people at large, but dogs call for his attention, and it is his bounden duty to take any which are apparently ownerless, dangerous, worrying sheep, or mad, to the station. With deliciously unconscious humour the before-mentioned manual states that the law does not provide for a constable's killing a mad dog, "but" it adds "he would certainly be well advised to do so."

Children even more often than animals appear to be ownerless in the streets, and Bobby must guide them in fatherly manner to that all useful "station."

A beat in a thoroughfare of shops in summer must give our constable a really anxious time, for between the 15th June and 4th August he needs keep an eye open to detect any fishmonger who is offering deep

"BOBBY" MUST GUIDE CHILDREN IN FATHERLY MANNER TO THAT ALL USEFUL STATION.

sea oysters for sale. How he is to tell deep sea from foreign, which are allowed, the manual of his instructions does not tell. At other times of the year he must make a rapid mental measurement of the crabs, and if he sees any under $4\frac{1}{2}$ inches across the back, or lobsters less than 8 inches from the tip of the beak to the end of the tail, then a report of the offending salesman becomes his duty.

In London, vans and carts require watching, and a report made of any carman whose vehicle stands more than twenty minutes in one spot, without loading or unloading going on.

A sharp look out is also necessary for inhuman drivers who overload, overbeat, or work their animals in an unfit state. In such cases the constable is strongly advised to collect the evidence of one or two bystanders to support his own, as well as to make careful notes in his pocket-book of the exact state of affairs.

If anyone tells a constable that he has seen a Colorado beetle in a neighbouring field, he must at once inform his superior officer, in order that steps may be taken to rid the district of this fortunately little known pest.

If two men or women appear about to fight, Bobby is enjoined to make himself a diplomatic arbitrator, and try to avert the impending breach of the peace. In the event of the parties refusing diplomatic peacemaking and commencing to fight, the officer must step between and separate them, and unless they then desist, he is compelled to march one or both to the station.

Should he see a man or woman in the act

THE DIRECTING OF FOREIGNERS IS OFTEN A TIRESOME TASK.

of committing a felony, he must arrest them. But so must every reader of this article, for that matter, as it is the law that every citizen must take his part in keeping order to the extent of arresting a felon caught red-handed. Also, if a constable finds that he is unable to arrest a criminal alone, he is entitled to call upon a bystander to lend him aid, and should it be refused, the man called upon is liable to fine and imprisonment unless he can show that he was physically unfit to take part in a struggle. I take it, however, that no

Not exactly a duty, but an act of grace and often of real heroism, is the plunging into a river or canal and rescuing some one who has either accidentally fallen in or has chosen this public method for an attempt to do away with him or herself.

The directing of people from one place to another, and particularly of foreigners who cannot speak the language clearly nor understand the directions given, is an often tiresome task which is invariably cheerfully undertaken by the members of the force.

A RESCUE FROM DROWNING.

reader of SANDOW'S MAGAZINE is in this latter sorry plight.

Horses and traps left out of control, or being driven by a drunken person, must be taken "to some safe place to be held as security for the expenses which will eventually be paid by the responsible party."

Doors of warehouses or private houses left open at night must be shut and secured as far as possible by the constable who discovers them open.

Ambulance work and the rendering of first aid in the case of illness or accident is a work of mercy at which nearly every constable shines when occasion calls.

The country constable has to look out for poachers, and may stop and examine the bag of any person he suspects. He may not, however, arrest unless the man is caught in the act.

A pedlar must from time to time be asked for his licence, and must always allow Robert

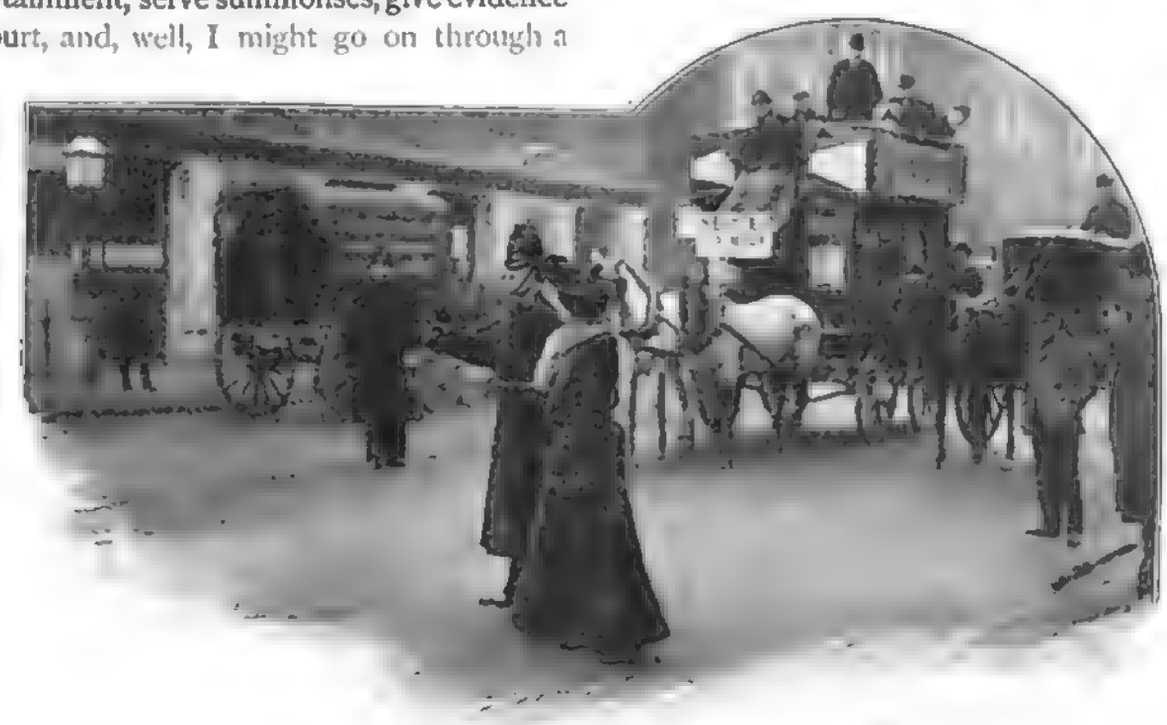
to look through his pack. If he refuses, the majesty of the law can alone be revenged by his accompanying the constable, willy-nilly, to the bobbie's haven of relief, where all his responsibilities have their beginning and their end, *i.e.*, the station.

HE IS ENJOINED TO TRY AND AVERT THE BREACH OF THE PEACE.

At odd times the constable is called upon to protect polling booths—a less dangerous job nowadays than it was fifty years ago—assist in keeping order at places of public entertainment, serve summonses, give evidence in court, and, well, I might go on through a couple of hundred pages, just as the book of instructions does.

At night he must see that the public houses on his beat close at the regulation time, and at all hours must hold himself in readiness to assist the publican in turning out drunken and violent customers.

But he has his little compensations, and not the least of these is when, with proud heart and haughty mien, with but a motion



WITH PROUD AND HAUGHTY MIEN, HE HOLDS UP THE TRAFFIC AND ESCORTS A CHARMING WOMAN ACROSS THE ROAD.

of his hand, he holds up the traffic of a mighty city and escorts a charming woman—who clings, with a trusting tremble such as she would bestow on no other, nay, not even her nearest and dearest, upon Robert's arm—across the road.

It therefore is apparent that more than an average amount of intellect is an absolute essential for the modern guardian of the police; indeed, it is very doubtful whether any calling requires more tact and ability. This, with another essential, viz., a good physique, makes the policeman one well worthy of his hire, and it stands to the credit of the force that instances of corrupt practices amongst its members are very few and far between.

Of late the athletic training of the policeman has received far more attention than formerly, and a large number of police forces have their own gymnasiums, athletic clubs and Sandow classes, notably the Berkshire Constabulary, the chief constable of which, by his own efforts as a lecturer, has raised sufficient funds to set up complete sets of Sandow apparatus for the whole of the force. The City of London Police Athletic Club always figures largely in the world of sport, whilst the prowess of the members of the Govan Police is well known.

A KNOWLEDGE OF "FIRST AID" IS ESSENTIAL.

A Phenomenal Voice.

THE Empire Theatre of Varieties—which the country cousin remembers in Leicester Square—has secured a great attraction in the person of Miss Edith Helena. Miss Helena has a voice of extraordinary compass. It will hardly be believed, but nevertheless it is a fact, that Miss Helena has a vocal range of three octaves! From A below middle C to A in altissimo, this is the range of a voice that, so far as the writer is aware, is unique in compass. But not only is the range of voice remarkable: the purity and brilliancy of tone are not less so. One of Miss Helena's feats is to imitate exactly the tones of a violin.

MISS EDITH HELENA.

She comes on the stage with a violin. The audience see her go through the motions of playing the intermezzo from "Cavalleria Rusticana." The bow is drawn across the strings and the fingers counterfeit the movements of the player. The audience hear what sounds like a violin of fine tone skilfully played. Gradually her bow leaves the strings and hovers in the air over them. Finally it drops to her side, but the sweet tones continue high and clear!

The musical critic of *The Times*, if we mistake not, failed to find anything phenomenal in Miss Helena's voice. He pointed out that an F in "Alt" is written in the aria of "The Queen of Night" from "The Magic Flute," and that this aria had often been sung by prima donnas in London and elsewhere. But he forgot to add (as Miss Helena pointed out to the writer) that not for some twenty years has any singer ventured this aria *in the original key*.

Further, this original F in the aria is a staccato note, not a sustained note.

Now Miss Helena, in "The Last Rose of Summer," introduces a cadenza with a sustained F above high C.

This lady was good enough to furnish the writer with some interesting information concerning herself, which she may well be allowed to give in her own words:—

"I am hardly a student, of physical

culture, although I have always believed in plenty of healthful exercise, and have indulged in it to a great extent in past years, particularly in riding.

"As for diet, I believe with Madame Patti that a singer may safely eat all the wholesome food her appetite may crave, provided digestion is good. Mine, I am happy to say, is.

"I do not believe in taking any stimulant before going on the stage, for I have a theory that such practices will inevitably injure the voice.

"Personally I never drink anything stronger than coffee, unless it may be a glass of claret and water with dinner—and this but seldom.

"The possession of a good voice is, I believe, more a question of natural physical condition than of evolution.

"Great singers are not fashioned from poor material: they are born rather than made.

"My own voice is partly inherited. My mother had a beautiful voice, and mine in quality closely resembles hers. She, too, was able to produce remarkably high notes.

"By years of hard study I have learned to sing with technical correctness, but the voice itself was given me by nature.

"To preserve it in freshness and power I must maintain perfect health, and, of course, to this end judicious exercise and right living are absolutely essential. But of first importance I incline to think is plenty of sleep, and this I endeavour always to have.

"I avoid worry and cultivate the faculty of enjoying life to the full. I mean by this that I avoid 'bores' and seek the society of those who are bright, interesting, and possessed of the saving gift of humour.

"A good laugh is a great aid to health, and wholesome fun is with me a necessity of life.

"But to move an audience—to sing such a song as 'The Last Rose of Summer' so as to move them to tears—one must have suffered and have the capacity to suffer at will.

"Perhaps this you would call 'art,' but I rather think it is a question of temperament.

"The tears are sometimes very near my eyes when I lose myself in that song, and I have heard others say that the tears were in my voice, too.

"When this happens my audience is moved. This feeling cannot be counterfeited, for listeners are quick to detect the spurious emotion.

"Personally I care much more for the middle tones of my register than for the extreme high notes. They are of vast importance—these high notes—in a commercial sense, but I never employ them except when singing on the stage. In years of vocal training I never used them at all—they were held in reserve; when the need for them arose I could command them.

"At the present time, for instance, I am nightly employing a sustained G in altissimo.

Having allowed Miss Helena to tell her own tale without interruption—indeed, no interruption was necessary—the writer begs leave to add such information as may serve to complete the interview.

Miss Helena is an American, and, as the accompanying photograph plainly shows, a woman of considerable personal attractions, with a superb physique. Her husband is well known in the United States as a writer, and some seven years ago leased a ranch near San Antonio, Texas.

Here for several years Miss Helena (to maintain the name by which she is known) roughed it. She became an accomplished horsewoman and lived largely in the open air.

When her husband had collected the material for his book they returned to their home in New York. It was at this time that serious study in music and singing began under Alberto de Bassini, whose studio is in New York. Miss Helena, it is almost needless to say, has earned fame and money in her own land, and is now on a fresh career of conquest in Europe.

G. P. Horne.

Skittles as an Exercise.

By ARCHIBALD SINCLAIR.

SINCE the formation of the Amateur Skittle Association in the early part of 1900, much has been done to raise the tone of skittles, to create interest in it as an exercise, and to remove from it the reproach that it was only an incentive for drinking. In fact, it has become classed in the same category as billiards, and to be looked upon as a useful form of physical recreation, more particularly for those who either will not, or cannot, undergo proper training. That the game is an old one may be inferred from the fact that in an Act of 1388 it was expressly forbidden to be played by labourers, servants in husbandry, and servants of artificers or victuallers, who had also to carry no other weapon than bows. "The game," says Strutt, "seems to have been developed from Kayles (written also Cayles and Keiles), derived from the French word *quilles*, which was played with pins, and no doubt gave origin to the modern game of ninepins, though primitively the kayle pins do not appear to have been confined to any certain number, as we may observe by reference to the plates. In the one instance there are six pins and in the other eight, and the forms of the pins are somewhat different. One of them in both cases is taller than the rest, and this I presume was the king pin; it is placed at the end to the left of the thrower in one plate, and in the middle of the four upright pins in the other plate. The arrangement of the kayle pins differs greatly from that of the ninepins, the latter being placed upon a square frame in three rows and the former in one row only. The two delineations here copied from fourteenth century manuscripts represent that species of the game called "Club-kayles," *Jeux de quilles à baston*, so denominated from the club or cudgel that was thrown at them. The game of cloish, or closh, mentioned frequently in the ancient statutes, seems to have been the same as kayles—or at least exceedingly like it. Cloish was played with pins, which were thrown at with a bowl instead of a truncheon, and probably differed only in name from the ninepins of the present time. Loggats, I make no doubt, was a pastime analogous to kayles and cloish, but played chiefly by boys and rustics, who substituted bones for pins.

THE OLD KING'S HEAD, ROEHAMPTON.

"Loggats," says Sir Thomas Hanmer, one of the editors of Shakespeare, "is the ancient name of a play or game which is one of the unlawful games enumerated in the thirty-third

MR. H. G. NAPPER,
Richmond T.C.

statute of Henry VIII. It is the same which is now called kittle pins, in which the boys often make use of bones instead of wooden pins, throwing at them with another bone instead of bowling. Hence Shakespeare in 'Hamlet' speaks thus—

'Did these bones cost no more the breeding, but to play at loggats with them?'

"And this game is evidently referred to in an old play entitled 'The Longer thou Livest the more Fool thou art,' published in the reign of Queen Elizabeth, where a dunce boasts of his skill at skales and the playing with a 'sheepes-joynte.' In skales or kayles the 'sheepes-joynte' was probably the bone used instead of a bowl.

"The kayle pins were afterwards called kettle or kittle pins, and hence by an easy corruption skittle pins, an appellation well known in the present day (1800). The game of skittles as it is now played differs materially from that of ninepins, though the same number of pins are required in both. In performing the latter, the player stands at a distance settled by mutual consent of the parties concerned, and casts the bowl at the pins; the contest is to beat them all down in the fewest throws. In playing at skittles there is a double exertion, one is by bowling and the other by tipping; the first is performed at a given distance, and the second standing close to the frame upon which the pins are placed and throwing the bowl through into the midst of them; in both cases the number of pins beaten down before the return of the bowl—for it usually passes beyond the frame—are called fair and reckoned to the account of the player, but those that fall by the coming back of the bowl are said to be foul, and of course not counted. One chalk or score is reckoned for every fair pin; and the game of skittles consists in getting thirty-one chalks precisely, less loses, or at least gives the antagonist a chance of winning the game, and more requires the player to go again for nine, which

MR. W. S. CAVELL,
Richmond T.C.

must also be brought exactly to secure himself."

The preceding quotation from Hanmer

intimates that the kettle pins were sometimes made with bones; and this assertion is strengthened by the language of a dramatic writer, the author of "The Merry Milkmaid of Islington," in 1680, who makes one of his characters speak thus to another: "I'll cleave you from the skull to the twist and make nine skittles of thy bones."

"Dutch pins is a pastime much resembling skittles, but the pins are taller and slenderer, especially in the middle pin, which is higher than the rest and called the king pin. The pins are nine in number, placed upon a frame in the manner of skittles, and the bowls used by the performers are very large, but made of a light kind of wood. The game consists of thirty-one scores precisely, and every player first stands at a certain distance from the frame and throws his bowl at the pins, which is improperly enough called bowling; afterwards he approaches the frame and makes his tipp by casting the bowl among the pins, and the score towards the game is determined by the number of them beaten down. If this pin be taken out singly when the bowl is thrown from a distance, the game is won; this instance excepted, it reckons. If this pin (the king pin) be taken out singly when the bowl is thrown from a distance, the game is won; this instance excepted, it reckons for no more than the other pins.

"Four-corners is so called from four large pins which are placed singly at each angle of a square frame. The players stand at a distance, which may be varied by joint consent, and throw at the pins a large, heavy bowl, which sometimes weighs six or eight pounds. The excellence of the game consists in beating them down by the fewest casts of the bowl."

A MODERN SKITTLE ALLEY—THE BUSH T.C.'S HEADQUARTERS.

Many of us can remember the old type of skittle saloon, or alley as it was termed; many of them are in fact still in use. They, how-

ever, do not compare with the modern luxurious saloon in keeping with the house, as neatly tended and as splendidly furnished as the up-to-date billiard saloon. Doctors, solicitors, county councillors, police inspectors, amateur oarsmen, swimmers, and athletes are now playing the game in the winter, and while keeping themselves fit are varying the monotony which devotion to one particular class of sport usually produces after a few years. One of the best helpers the Association has had is Mr. R. Buckler, who presented the shield for the individual championship, and who, forty years ago, used to play skittles in one of charming Devonshire's quaint old inns. He still plays the game, and has never lost interest in it. Of the younger generation there is Mr. H. G. Napper, the captain of the Richmond Club, who is also a smart cricketer. Nearly every moment of spare time in summer is spent out on the cricket field, while in winter he keeps himself fairly fit by getting skittle practice every evening. Mr. E. J. Plumbridge, the old international water-polo player, assists the Swans at Camberwell, while Mr. W. Strutt Cavell, a good cricketer and swimmer, helps Richmond. Mr. Alec Poole, of the Thames Camping and Boating Association, plays for Tufnell Park, and Mr. J. Mears, smart soldier and rough rider, captains the Old Ship Club of Richmond. Mr. Dix, the president of the "Bush," has a big record as an amateur oarsman, and is also a smart golfer. He believes greatly in the benefit of the game, and heartily recommends it as a healthy exercise. Many other instances of its increase in popular favour could be quoted.

It was the Bush Club that worked hard at the outset of the Association's career, and I have selected their saloon as the one to most fittingly illustrate modern developments. At the Old King's Head, Roehampton, the saloon has been altered to date, but the photograph of the house shows the quaint old building beloved of the Thames Hare and Hounds. That at Drayton Court is well worth visiting, as are also those of the Kingston, Teddington, and Twickenham Clubs.

MR. R. BUCKLER,
An old Devon player, and donor of the Amateur Championship Shield.

MR. J. MEARS,
City of London Rough Riders.

Braw Lasses.

By A. E. JOHNSON.

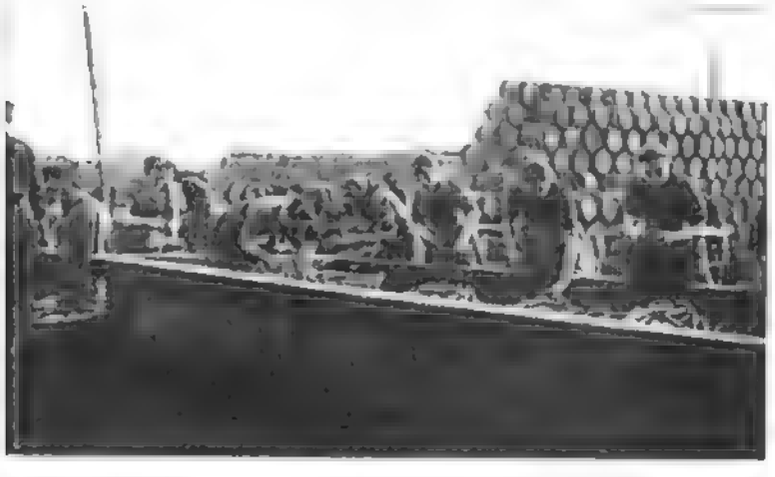
EVEN those who take an alarmist view in the question of national physique can point to but little physical deterioration in the Scotch peasantry. "Caledonia stern and wild" is a Spartan mother, and on oatmeal porridge and simple fare has reared a sturdy breed of children. Strong-limbed, big-boned, there is little fault to find with the physique of the Scotch farmer and fisher folk. And that this remark applies equally to either sex will be readily acknowledged by any who have seen the Scotch lasses at work in Yarmouth or other East Coast ports during the season of the herring fishery. The girls are as sturdy as the boys, the women as powerful (within necessary limitations) as the men.

It is with the womenkind of the Scotch fisher folk that we purpose to deal more especially in the present brief paper. It is not, perhaps, generally known of what vital importance the herring fishery is among the national industries. Practically the whole of the fishing community—that is to say, the peasantry of the coast—in Scotland depend upon it for their livelihood. Were the herrings to desert our shores, as the sardines that of Brittany, the distress which would result is appalling to contemplate.

PACKING HERRINGS IN BARRELS FOR EXPORT.

During the earlier part of the year the Scotch fisherman is occupied in mending nets, making fresh gear, and preparing for the coming campaign. This commences about May, when the herring shoals make their first appearance off the northern coast. Then the boats put out from Stornoway, Kirkwall, Lerwick, and the most northerly ports, and begin their long harvest of the sea. Both sexes bear their share of the labour: the men at sea with the nets, the women on land with the cleaning knife and the packing barrel.

As the herring shoals near the coast they divide. Some find their way round the north coast into the Atlantic and the Irish Sea, but the



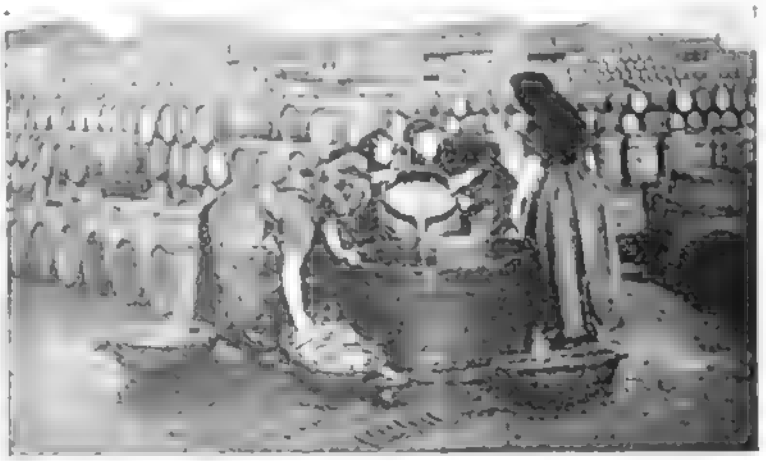
SCOTCH GIRLS CLEANING HERRINGS.

PACKING HERRINGS ON SOUTH DENES, YARMOUTH.

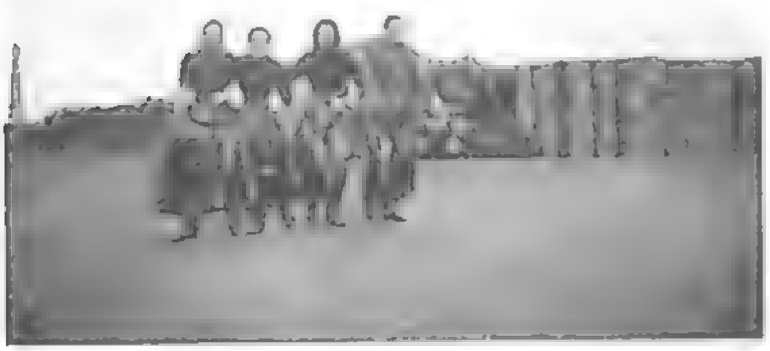
bulk continue their southward drift by way of the East Coast, and it is off the latter that most of the fishing is done. As the herrings proceed down the coast, they are followed diligently by the fisher folk—the men afloat in their luggers, the women ashore in special trains. The different ports are utilised in turn, the season at each lasting just so long as the shoals can be reached therefrom more conveniently than elsewhere.

Eventually—by the end of September or the beginning of October—the herrings get as far south as Yarmouth. Here the fishing reaches a climax. The reason for this is the lateness of the season of the year, and the consequent increasing coldness of the weather. A high temperature in the water drives the fish to lower depths, where they escape the nets; a low one brings them close up to the surface, and permits of correspondingly large hauls being made.

As a result, Yarmouth is the principal centre of the herring industry, and upon its quays may best be studied the various types of the Scotch fisher folk. There are, of course, many local craft engaged in the fishery. The Scotch boats, however, preponderate, and the forest of tall, bare mast-poles which fringe the quays alongside of which the luggers lie, seems to dwarf or completely hide the Yarmouth smacks and steam drifters which compete with them. And the handling of the fish ashore—the cleaning, pickling, packing—is entirely done by the Scotch lasses.



POURING OFF THE PICKLE FROM A BARREL OF HERRINGS.



A PROMENADE ON THE QUAY.

On the South Denes, an immense sandy common which stretches between the sea-shore and the river at Yarmouth, a large space is given up to the business of cleaning and packing the fish. Each firm has its own pitch, walled in with tier upon tier of empty barrels, all of which have to be filled before the end of the season. The Scotch women and girls are hired in gangs, and may

be seen working in groups at the cleaning troughs or at the rows of barrels.

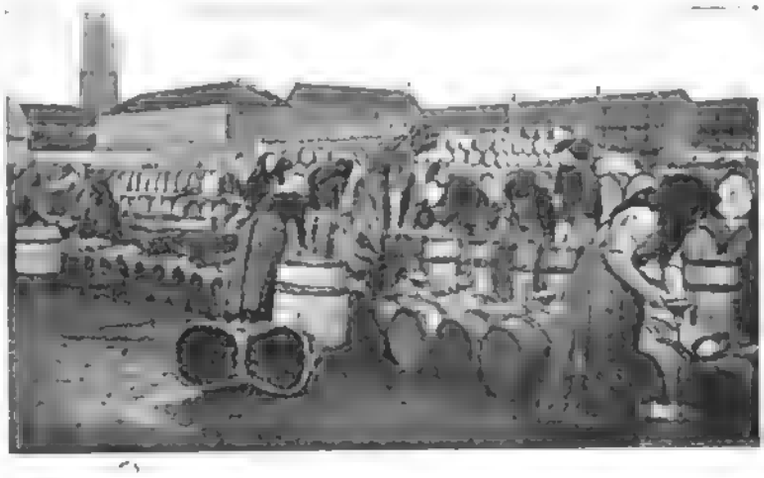
The cleaning trough is a commodious wooden receptacle standing some three feet off the ground, into which the freshly caught herrings, having been sold on the quay and swiftly carted away in big baskets, are pitched. Ice and salt are liberally sprinkled over them, and then the lasses set to work. Each girl holds in her right hand a small and sharp knife. With her left she picks up a herring. A single jerk of the right hand suffices to cut out the guts, and the cleaned fish is cast aside into a convenient basket. Practice in herring-gutting, as in everything else, makes perfect; but the perfection to which an experienced hand amongst these girls will attain is astonishing. The swiftness with which fish after fish is seized, cleaned, and thrown aside is incredible. An unpractised hand—and this is no exaggeration—could scarcely even pick up the fish so fast, let alone remove the inside as well.

CLEANING THE FISH ON SOUTH DENES, YARMOUTH.

GUTTING THE HERRINGS FOR CURING.

The herrings having been cleaned, they are packed in barrels. This again is done by the lasses, and is a less arduous task. The fish are packed closely in the barrel, which is then filled up with brine—a mixture of salt and the blood which has oozed out of the herrings. In this natural pickling vast numbers are exported to the Catholic countries of Central and Southern Europe for consumption on fast days. A considerable trade is also done with Hamburg, but chiefly in fresh herrings packed in ice.

Almost without exception these Scotch lasses are of notably fine physique. The reason is to be found in their hard-working, strenuous, and *open-air* mode of life. Doubtless the plain fare of the frugal peasant, upon which they have been brought up (the present writer has personal reasons for his insistence on the virtues of Scotch oatmeal), has created



PACKING THE HERRINGS WITH PICKLE.

a substantial framework upon which to build their strapping persons; but their considerable physical labours, and almost continuous toil naturally tend to develop,

HARD AT WORK, CLEANING.

to a very great extent, the latent resources of their physique. Most of all, however, have they to thank the fact of their work being always done in the open air for the rude health which their fresh and clear complexions, and buxom figures, so obviously bespeak. They form, indeed, as striking a contrast as can well be imagined to the factory girls of English towns. The two classes, practically of an equality in the social scale, present an instructive object lesson on the primary importance of hygiene in the question of national physique:—the one, working under hygienic conditions almost ideal (*i.e.*, in the open air, and sea air to boot), hale and hearty; the other, working under conditions just the reverse, wan and weedy.

Again, in the matter of dress, the Scotch fisher-lass is admirably equipped. Bonnets and hats are articles of attire not included in her wardrobe. Her only head-gear is a thick woollen shawl in which she wraps her head and shoulders. If the weather be warm she lays it aside; should the wind be keen or the rain heavy, she deftly dons it, and continues her work unconcerned. Moreover, her garments (covered while at work with a thick mackintosh apron) are of homespun, and her legs are protected by heavy waterproof jack-boots. Her nature being unsophisticated and her tastes simple, she has no temptation to spend the good wages she earns on the trumpery finery beloved of the town-bred girl of a corresponding station in life.

And her industry is remarkable. As she goes to and from her work, and during her short periods of rest, the knitting needles are seldom out of her hand. She plies them as quickly and as skilfully as she plies her gutting-knife, and without doubt owes much of her sturdy health to the sensible clothing which her thrift and industry in this way enable her to provide.

At Yarmouth, as at the various other ports which they visit in their pursuit of the herring shoals, the Scotch lasses usually live together in parties of a score or so, according to the size of the house they occupy. The landlord, as a rule, stores all his furniture, and the girls "camp out," as it were, with their own belongings, in the bare rooms. They form a complete and somewhat aloof community to themselves, and though it is a common sight to see large parties of a dozen or more slowly promenading the streets of an evening, they

TAKING A REST.

seldom, if ever, make acquaintances outside the circle of their own folk.

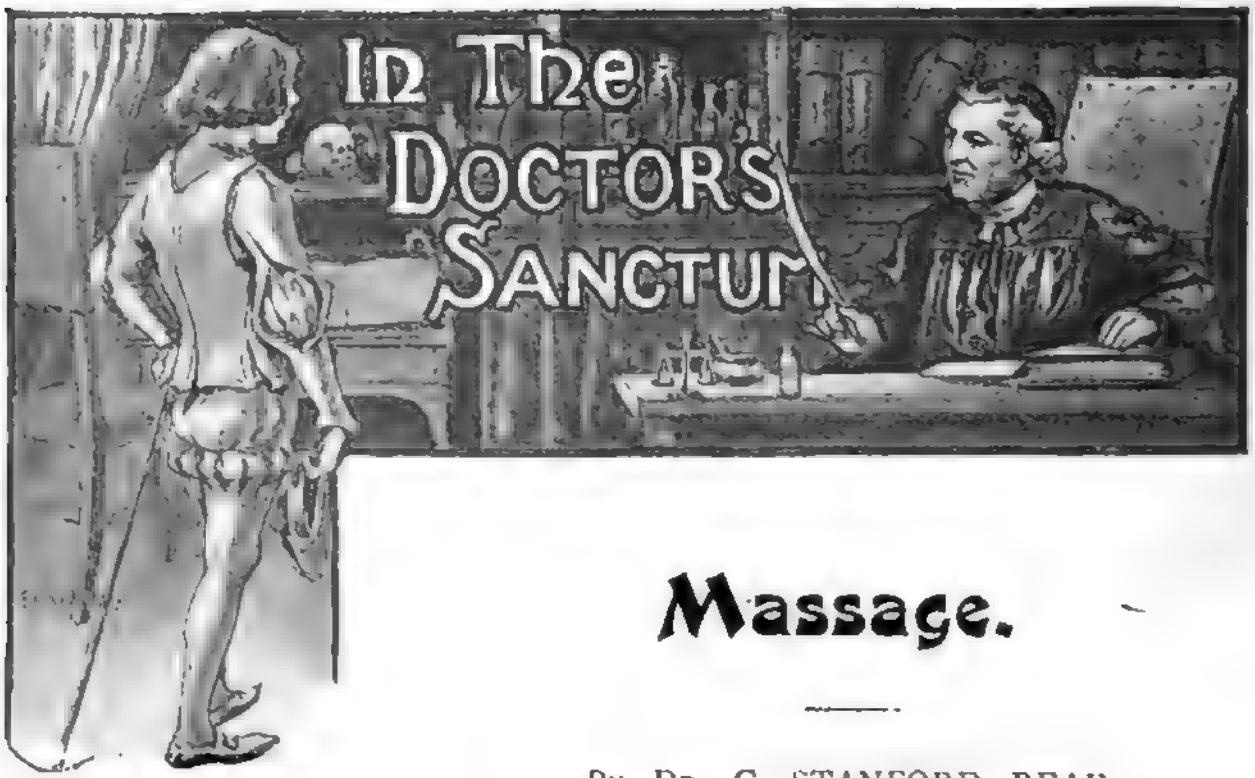
In manners the fisher-girl is as blunt and

brusque as her vigorous personality would lead one to expect. Entirely without shyness of any sort, full of healthy animal spirits, she will chaff the luckless stranger on the quay with the noisiest good humour imaginable. The amateur photographer is a favourite target for her verbal shafts. With equal readiness she will remove the stranger from her path if necessary. The present writer has in mind the case of an acquaintance who, standing on the pavement in a narrow street, and not noticing the near approach of a group of Scotch lasses behind him, suddenly found himself grasped round the waist by a strong pair of hands, lifted bodily off his feet, and deposited without ceremony in the gutter.

GETTING THE HERRINGS READY FOR PACKING.

At Yarmouth the season lasts until Christmas time, when the herrings suddenly vanish—whither no man knows—until the following spring, when they reappear off the north of Scotland. But before the end of the season most, if not all, of the Scotch luggers have sailed north again, homeward bound. The women, however, stay on until the last fish has been gutted and packed. Then special trains take them all the way home again—in many cases to the extreme north, a devious journey of many hours. Back in their native villages the fisher folk, their harvest reaped—and, if the season has been good (as, for example, in 1902), a very profitable harvest, too—set to work, men and women, to prepare against the next spring, when once again will commence the chase of the silver herring.

AN EXPERIENCED SCOTCH "LASS" AT WORK.



Massage.

By Dr C. STANFORD READ.

THAT massage is a most useful form of treatment in many cases is an indisputable fact, and it is certainly worth the while of athletes and physical culturists to know something about it. No doubt some of the distrust of massage has been due to the ignorance or incompetence of the professional manipulators and to the absurd and extravagant efforts to proclaim it as an exclusive method of treatment. The technique is not difficult to acquire, yet must be learnt practically. Mention can only be made here of the outline of the movements employed, with the action it has on the body, and its uses in particular conditions.

*The main movements employed are four :—*stroking*, *kneading*, *rubbing* and *striking*.

The "*stroking*" should be performed slowly and the flat of the hand used, the direction being always towards the centre of the body, the hand in the return movement only slightly grazing the skin. The chief use of this stroking, apart from its slight stimulation of the nerves of the skin, is in hastening the movement of the contents of the veins and lymphatics.

"*Kneading*" is the most important and difficult of the movements and is done by grasping with the whole hand the tissues to be manipulated, lifting them somewhat and kneading them with an alternate tightening and loosening of the hold. A slight contraction of the muscles is induced by this operation; the absorption of fluids in the tissue is promoted and their progress through the lymph-vessels assisted.

"*Rubbing*" is performed by firm friction in small circles with the thumb, finger tips, or whole hand, which has much the same effect as the stroking movement.

"*Striking*" is the application of rapid blows with the inner edge of the hand or the flat of the open hand, and acts for the most part as a mechanical stimulant.

*The terms usually employed are French, and, in the above order, are :—Effleurage, pétrissage, friction and tapotement.

The usefulness of massage is greatly lessened by the common practice of employing some oily substance for lubricating the skin, and, moreover, it is dirty. In old or very thin people it is sometimes desirable to use an emollient, and for such purpose it is best to employ some lanolin, with the addition of enough oil of sweet-almond to render it of the consistency of thick cream. Vaseline is difficult to remove satisfactorily after use, and to some skins is irritating.

General massage is a form of passive exercise for those unable to take active exercise, or for whom active exercise is undesirable. The effects are very decided and apparent. The immediate results are a fine sense of well-being, a feeling of comfortable tiredness without exhaustion, and a pleasant drowsiness. The late effects are also well marked; the skin softens and shows a better colour; the appetite is improved as well as the digestion; the bowels act more freely; sleep is more prolonged and sounder; and the muscles become larger and firmer. In the region rubbed we obtain an increase in the amount of blood, the skin is flushed, the vessels in the muscles receive a larger amount of blood, and the flow of blood is greater through the part for some time subsequently. It is obvious that we have here a useful indication for the treatment of recent local inflammatory conditions such as result from sprains, bruises, etc. Beside these, other general consequences are perceived. Fatigue, whether local—as in an over-used group of muscles—or general, may be rapidly and pleasantly removed by massage, that is, by the removal of fatigue products and the flushing of the muscles and nerve centres with quantities of fresh blood.

Again, massage increases the number of red corpuscles in the blood and hence becomes of manifest use in anæmic conditions. Effusions of blood and serum in the substance of muscles and in the sheaths of tendons may be removed by means of massage, so that the efficacy of this form of treatment is seen in cases of sprains, muscular strains, etc. The results in these cases are sometimes amazing, and, if massage be instituted immediately, speedy recovery may be confidently predicted. The sooner after the injury manipulation can be begun the better. At first the swollen, bruised and tender structures should not be touched at all, but "stroking" made from the seat of the accident towards the heart, in order to hasten the circulation from the congested part and help to carry off the exudation. Similar stroking should be used below the injured part, and before the end of the application (which should last ten to fifteen minutes) it will be found possible to give stroking and light friction directly to the inflamed tissues. At first, manipulations should be made several times daily, and a firm bandage put on in the intervals to support the part and prevent a tendency to fresh swelling.

When we get old inflammatory conditions to deal with, much more force may advantageously be used; and such a case presents one of the few occasions where the use of an unguent is desirable, since sufficiently strong and frequently repeated friction will sometimes injure the skin unless a lubricant be applied.

Massage of the neck in the form of downward stroking on the side of the neck, serves the means of lessening the amount of blood in the head by driving onwards the venous flow. This manner of relieving congestion of the brain may be made use of in sleeplessness, where the activity of the brain is so great as to prevent rest, as it brings about that mild degree of anæmia of the brain which is the physiological necessity for sleep. Nervous and neuralgic headaches are also often much alleviated in this way, though other measures must be observed at the same time.

Lastly, we know that massage, in conjunction with systematic exercise, may be applied to the reduction of obesity. Unusual or excessive local accumulations of fat may be removed in the same way by massage limited to the abnormal areas, and used with considerable vigour at short intervals.

The Delightful Art of Swimming.

By "MERMAID."

PART I.

Illustrated by Photographs.

THE delightful art of swimming! Yes, this summer pastime is that and more, for it is at the same time one of the most healthful and useful. (Fig. 1.)

Nowadays, when girls and women take so much more interest in physical recreations, and travel so much more, one never knows when the ability to swim may be useful to oneself or one's fellows. Although many persons may not be aware of the fact, swimming for women and girls should be a more easily acquired accomplishment than for men and boys. By nature, the former are more buoyant than the latter; the bones are lighter, the distribution of fat usually more generous, and, in a word, their bodies are more "floatable."

SWIMMING IS ONE OF THE MOST HEALTHFUL AND USEFUL PASTIMES (FIG. 1).

Of the many minor advantages which swimming possesses as an exercise, it is only necessary to mention one or two. It is one of the few sports which entail a simultaneous and really well-distributed action of most of the various organs and muscles of the body, ensuring, amongst other desirable things, a more even and larger respiration than most girls, on account of more or less tightly-laced corsets and constricting dress bodices, usually have an opportunity of indulging in. Swimming, too, is a fine developer of one's figure; far superior to the various advertised nostrums, which, possibly successful in isolated cases, seldom come up to one's own personal expectations. It also tends to engender two qualities in which many girls are deficient: pluck and self-reliance.

It is a splendid thing for a girl (or a boy, for the matter of that) to learn to swim young, and a great advantage for them to do

SWIMMING IS MORE INVIGORATING THAN THE OLD-TIME "BOBBING UP AND DOWN" (FIG. 2).

so together. A lady, whose children have been often described as "regular little fishes," says she has "found it teach girls to be less nervous than they would be had they learned alone, and more self-reliant by reason of the spirit of emulation; and the boys to be less boisterous and more considerate and helpful."

There is nowadays very little excuse for any girl, whose parents are in a fairly good position and who is herself not forbidden to bathe by reason of some physical infirmity, not knowing how to swim. Even though far from the sea, if the town is one of a fair size, it is almost sure to possess a swimming bath in which she can learn under the guidance of a competent instructor. And then there is, of course, the sea, to which so many thousands each year go for a month, or even longer, for a holiday.

The girl who has already learned to swim will undoubtedly find a new pleasure in her holiday and something more invigorating in her "daily dip" than the old-time "bobbing up and down." A pleasure she has scarcely dreamed of in the days when she was unable to keep herself afloat, and hardly dared leave go of the rope attached to the machine. (Fig. 2.)

First, a few words concerning swimming costumes. The idea that anything will do for a bathing suit seems to die hard, notwithstanding the many excellent patterns which are each year offered by ladies' papers and the enticing costumes which are so frequently illustrated. Over-elaboration is a thing to be studiously avoided; a profusely trimmed dress may do for paddling about knee-deep

AN IDEAL COSTUME—WORN BY THE LADY MEMBERS OF THE LONDON BATH CLUB (FIG. 3).

in the water, or for "bobbing up and down," but it is a mistake for swimming. The best swimming suits are skirtless. Except for ornament, the skirt serves no good purpose, and certainly greatly impedes the swimmer's progress through the water.

Costumes made upon the "combination" principle are the best; the knicker portion coming to just *above* the knees, and the garment being practically sleeveless. They can be made at home, or can be purchased for a few shillings ready-made. A costume similar to that worn by Fig. 3 is an ideal one, and is almost identical with that adopted by most of the ladies' swimming clubs round the coast, and is the same as that worn by the lady members of the London Bath Club. Another pretty type of costume for those who may not care to abandon the skirt altogether is Fig. 4, but it is far less suitable for those who take their swimming seriously. The best material is either serge, galatea, bunting (rather too thin), stockingette, or silk; but the latter, very popular with French lady swimmers, is expensive, and does not last. For wear in the swimming bath a tight-fitting, short, sleeveless costume, such as is worn by the Portsmouth and the Brighton Ladies' Swimming Club members, is admirable; but it is scarcely sufficient for bathing from tents or machines on a much-frequented beach.

A PRETTY TYPE OF COSTUME FOR THOSE WHO MAY NOT CARE TO ABANDON THE SKIRT (FIG. 4).

But how to learn?

A well-known teacher has put on record that when once girls have mastered the idea that it is *natural* to float and not to sink, they make comparatively rapid progress; and that when once they have learned confidence and the elementary part of the art, they learn even more quickly than their brothers fancy strokes and fancy swimming. (Fig. 5). Girls, so the same authority states, are, if equally strong, more able to hold out over long distances than boys; and at the particular baths at which she taught, she said she could pick out half a dozen of her girl pupils she would be willing to pit against an equal number of boys of similar general physique.

The spot chosen and the time for learning to swim are matters of some considerable importance. A sandy beach which slopes gently seaward, with a very gradually increasing depth of water, is the best possible place, and a day when the water is (Fig. 6) calm or only ruffled and without waves, about an hour after breakfast or an hour and a half

after a midday meal, is the best time for the lesson. We will imagine such conditions to exist. The learner should go into the water till standing in it a little less than breast high, and facing the shore. (Fig. 7). The arms should be stretched out in front of her, with the fingers and thumbs close together, and the palms somewhat hollowed, the knuckles being turned upwards, and (with a twist of the wrists) the hands themselves formed into scoops, so that when the arms are swept backwards in the act of making the stroke they will, as it were, press against the water, and not cut it, as they would if held edgeways. The aim is to get as much "grip" on the water as possible. The arms—when the hands have been placed in the position described—should be swept backward to the fullest possible extent, the elbows then being gradually bent till they have assumed a position close against the sides, with the hands, by means of an inward twist, in position with thumbs uppermost in front of the breast The next movement is to thrust them steadily forwards and outwards with the outside edges turned gradually up until they have naturally regained the position they occupied at the start of the stroke.

GIRLS, WHEN ONCE THEY HAVE MASTERED FLOATING, MAKE RAPID PROGRESS (FIG. 5).

A SANDY BEACH WHICH SLOPES GENTLY SEAWARD IS THE BEST FOR LEARNERS (FIG. 6.)

It should be carefully noted that the hands whilst making the stroke should not be allowed to pass behind the bend of the elbow. The act of throwing the arms back beyond this point has the effect of materially retarding the progress of the swimmer through the water.

It should also be remembered that the best position for the hands whilst making the

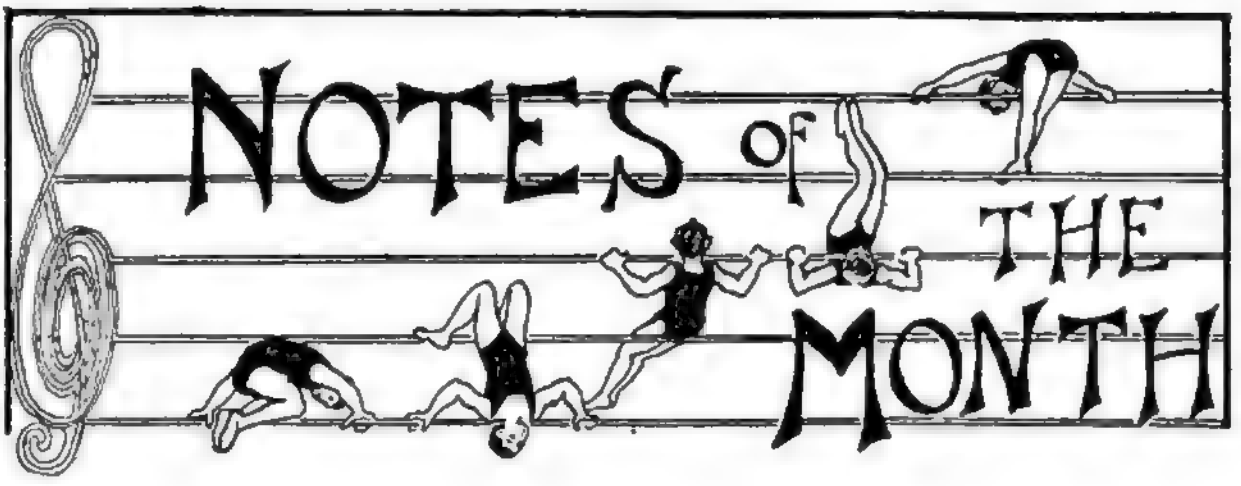
stroke is about three inches below the surface of the water in practice, except when thrusting the arms forward from the chest, to begin it anew, when they will naturally almost rest upon the top.

These arm movements once thoroughly mastered (which should be easily done after a few days' practice), those for the legs, which, when combined with the foregoing, will render the act of swimming possible, can be attempted.

To enable the learner to acquire them, unless she is learning in a bath where there is a side rope or rail, or can hold on to the stern of a boat or edge of a diving raft, the assistance of someone is essential.

(*To be concluded.*)

THE LEARNER SHOULD STAND IN THE WATER A LITTLE LESS THAN BREAST HIGH (FIG. 7).



Sir George S. Robertson and Eugen Sandow.

Sir George Scott Robertson, the prospective Liberal candidate for the Central Division, was present at the lecture on "Physical Culture" given by Eugen Sandow at the Empire Theatre, and after the demonstration he had a most interesting scientific discussion with the strong man on mental, moral, and physical culture, and their relation to each other. The fact, not generally known, was elicited that Mr. Sandow has taken his diploma as a doctor in Germany. Mr. Sandow allowed Sir George to make anatomical examination of his muscular development, and Sir George remarked that never, even among the splendidly developed and remarkably athletic wrestling and strong men of the East, nor among the courageous and fighting hillmen of the Himalayas, had he met so beautifully proportioned and finely developed a specimen of humanity,

Mr. Sandow mentioned that the Archdeacon of London and he had on several occasions discussed the question as to how, from a moral point of view, an interest in physical culture could be developed among the youths of London for the purpose of elevating their lives. He also stated that he had for some months at Newcastle, in conjunction with several of the clergy of that city, been engaged in organising a large scheme for the physical regeneration of the young men. On Sir George Robertson mentioning that several 'Varsity young men whom he knew had, within a few years, unaccountably broken down in health, Mr. Sandow stated that a similar observation had been made by other 'Varsity men, and so serious was such a condition considered to be that he had been consulted on the matter, with the result that the training of the Cambridge crew, which won last year's race, was put under his care. The fact was that rowing men had now to be scientifically trained, or irreparable injury to muscle and heart would often result.

Sir George suggested that his observations had brought him to the conclusion that the condition of "nerves," now growing so alarmingly among the present generation, would be much improved if people engaged more in physical culture. In this Mr. Sandow concurred, and said that merchants and men engaged in large business enterprises requiring a great drain on the brain power would, as he had often proved, find that they could do more work with less brain and nerve exhaustion if they regularly attended to their physical culture and development. The "modern Hercules," who was smoking a cigarette, also expressed his belief that if smokers went in for physical culture no injurious effects would be experienced as a result of the tobacco habit.—*Yorkshire Observer.*

* * *

Messrs. Raphael Tuck and Sons are nothing if not enterprising, and in their latest publications, in the shape of pictorial postcards, are keeping well up to the times. Their sporting series they have augmented considerably, and in selection of subjects and colouring we have seen nothing to approach their "British Sport," "Football Incidents," "Racing," "Cricket," and "Stock Exchange Notes" sets, all of which must appeal to those who make the collection of picture postcards a hobby. The reproductions which grace these pages are by kind permission of Messrs. Raphael Tuck and Sons.

* * *

A Step in the Right Direction.

A scheme for the physical training of school children has been adopted by the Northwich (Cheshire) Urban Council. Up to the present only drill has been generally attempted in connection with schools.

The Northwich Council, however, intend to go much farther than this, and hope, by thoroughly developing the children physically, to produce a strong and healthy community, which will be an example to the rest of the country.

A number of selected boys and girls from each school in the district will be given free physical training after school hours, under the superintendence of an instructor.

On entering, careful chest and other measurements of the children will be taken, and these will be compared with the measurements taken at the end of three months and at later periods.

The hope is expressed that the scheme thus started on modest lines may develop into a much larger undertaking sanctioned by the Board of Education, and that other towns may follow the example of Northwich.

* * *

A daily contemporary seems to have very vague notions as to what physical culture really is when it states that the latest form of physical culture in America is the swinging of a heavy sledge hammer. "Buy a fourteen-pound sledge-hammer and swing it half an hour twice a day," is the advice given. How by the wildest stretch of imagination this could be considered physical culture we are at a loss to understand.

* * *

A New Plan.

The question of physical deterioration, which has so often been raised of late years, has been brought to the front again by an article of Dr. Arthur Rideal's in the *Army and Navy Gazette*. With the preliminary part of

Dr. Rideal's argument we are in cordial agreement. If we are to make our citizens efficient physically we must train them when they are young: not abandon them to the casual chance of their joining a volunteer corps, or to the much more likely result of their seeking physical exercise in the recreations of hooliganism. Dr. Rideal's plan is, briefly, to put every boy who is physically fit through a five years' course of drill and instruction, beginning when he is twelve or thirteen years of age. This would create, at any rate, a very fair standard of efficiency; and if he afterwards joined, as he well might, a volunteer corps, that standard might be raised still higher.

A Tough Game. Chamberlain in Fine Form.

* * *

Physical Training.

Dr. Rideal has also several suggestions, which would have to be adopted as well, for the reform of our present Army system. One of the first would be the abolition of the short-service system, which deserves all the hard things he says against it. It is probable, of course, that against his suggestion we shall have the usual cry raised as to the thin end of the wedge of conscription, and of how bad it is to compel boys to undergo military drill. We dealt pretty fully with this contention in writing on Mr. Rudyard Kipling's suggestion that drill should take some of the time at present devoted to cricket. So long as the present system of organised and compulsory games goes on in our public schools, it is foolish to talk of the horrors of compulsion. A boy should be taught to regard his physical training as just as much part of his whole education as his mental and moral training. In fact, we want a return—old-fashioned as it may seem—to the educational scheme outlined by Plato in his "Republic." Our present system either neglects or exaggerates the demands of the body; and to it Dr. Rideal's scheme is a healthy corrective.—*Pall Mall Gazette.*

* * *

Some distinguished member of the medical faculty in Germany made an estimate, a little while ago, of the amount of nutrition essential to normal physical health. The result of his investigations was worked out in terms of money value, and it was announced that a workman, with a wife and two or three children, could not procure adequate nourishment for his family unless his wages amounted to something like fifty-four pounds a year. There are, it must be feared, many thousands of families in this and other countries who

have to live upon less than a pound a week. This is sad enough; but what can be said of the circumstances revealed at an inquest in the East End recently, in the course of which it was ascertained that the deceased woman, her married daughter, and three children, had subsisted upon two shillings a week—the proceeds of matchbox making.

* * *

A New Club.

We are requested to give publicity to the fact that a new club has been recently formed, known as the "Essex Physical Culture and Amateur Weight-Lifting Club," of which Mr. C. von Lom is president, and Mr. R. Hoffman, 15, Queen's Road, Leytonstone, hon. sec. and treasurer. The object of the club, as its name implies, is to promote physical culture, weight-lifting, wrestling, and boxing. The subscription is ten shillings per annum, with entrance fee of one shilling, members under sixteen years of age being accepted at five shillings per year. The club is to be open for practice every week-day from 7.30 p.m. until 11 p.m. We wish it every success.

* * * *

The new edition of the "Volunteer Annual" (Metropolitan Corps), edited by A. E. Johnson (Artists' R.V.), and published by Messrs. A. and C. Black, Soho Square, W., is just to hand. It is a well and carefully compiled record, containing much to claim the attention of those who take an interest in the Volunteer movement, and at the small price of one shilling should command a ready sale.

* * *

Girls' Physique in Australia.

That the fair sex are more go-ahead "down under" is amply proved by the following excellent leading article which appeared recently in the *Melbourne Argus*. We trust that the perusal of it by some of England's daughters may tempt them to emulate the doings of their cousins over the seas:—

"The physical and mental fluctuations of a people have ever been an interesting object of study. They are most marked, and most important perhaps, in new communities where nothing is tied down by national usage, everything is in process of development, and human character and physique are being moulded by events and theories of the hour rather than by established tradition. In the procession of change it is difficult to discriminate betwcen a passing fad, responding

momentarily to the hunger for novelty, and that which may put a permanent stamp upon a people's destiny. A characteristic of the hour, which may prove more than a temporary craze, is the desire amongst young people for muscular development. It is most noticeable perhaps in growing girls. Possibly with them the need for special culture is greater than in boys of the same age. Melbourne sets the fashion for the State in most things, and no observant person can fail to notice a vast improvement in the physique and appearance of the schoolgirls of to-day as compared with those of a generation back. As we see them in the street they are more

robust, better 'set up'—to use the familiar military phrase—than girls used to be. Deep chests and manifest hips, with a fine confident swing in walking, are much too universal to have come of their own accord.

"The improvement is due mainly perhaps to the fact that gymnasia are now widely recognised as a necessary part of the equipment of every large private school, for it is amongst girls who attend private rather than State schools that the change is most evident. In previous times, gymnastic exercises had the disadvantage that when suddenly abandoned they promoted in people of lymphatic temperament a tendency to fatness. Present day physical culture has not that serious drawback, from a woman's point of view. After the stage of the school gymnasium is past, the Sandow stretcher is found on the peg whence formerly hung the tennis bat. Erectness of carriage was a point that the teachers of girls long sought to bring about, but it was attended with a stiffness which is not so noticeable in modern methods. Swimming, which not so long ago would have been considered an abnormal accomplishment in a woman, is quite common to-day. Followed slavishly, it has the tendency—less marked perhaps in girls than in boys—to produce the lithe, sinewy physique of the runner rather than the robust frame and muscular development of the wrestler. But whatever the explanation may be, we seem to be witnessing the evolution of a type of women superior to their mothers and grandmothers in everything that makes for physical symmetry. And the best quality in it perhaps is that this wholesome devotion to muscle has not shown any corresponding decrease in intellectual strength, judging by the public school and University examinations, where the sexes meet upon common ground.

"Old-fashioned people still regard the new aspiration of their daughters with distrust, forgetting that with new forms of study, such

as human anatomy, introduced into school work, the girl of to-day must necessarily know much more than her grandmother. To even discuss such a subject thirty years ago, when the day of the woman-doctor and the girl-athlete was not yet, would have been indelicate. So Beauty knew little or nothing of the framework upon which it was built. In popular estimation, to be learned was also to be lean, and the cartoonist—who reflects in exaggerated form the current opinion of his day — still caricatured the principal of the ladies' seminary as a weird combination of spectacles, spare visage, narrow shoulders, flat chest, and curvature of the spine. In the same way the school girl of previous times had unique ideas as to what constituted feminine beauty — framed, no doubt, upon the physical peculiarities of the heroines of fiction. In order to be thin she drank vinegar; to be pale she ate starch; for to lack colour and complexion was to be interesting rather than unhealthy. The worst evil that could befall a maid, in her own unwholesome imaginings, was that rude health should flaunt its ruddy standard on her cheeks. Change of fashion from languid body and morbid mind to robust physical health combined with mental alertness cannot be otherwise than agreeable, for the old motto, "Mens sana in corpore sano," originally limited to masculine youth, is now equally true with regard to women. Medical men admit that a well-developed figure and sound constitution—which may be summed up in the sporting phrase "fit"—are the best aids to mental vigour where the values are not unwisely measured.

"Students of the classics hold hard to the view that nothing in modern life quite equals the ancient perfection which is typified in statuary, but time and distance have probably thrown a halo of romance about the heroes of the Olympian games, just as fiction is largely responsible for the exaggerated sense of the valour and strength of the knights of pre-Elizabethan days, which a glance at their small suits of mail in the armoury of the Tower of London abruptly shatters. The chances are that any well-trained athlete of to-day would have equalled the best of the Roman gladiators. Where, asks the artist, is the Venus of Milo of modern life? The obvious answer is that the change of fashion in dress makes it difficult to say, admitting even that this or any other piece of sculpture is the accepted acme of feminine perfection. Fashion in dress may have much to do with encouraging wrong notions on such points, for the Marcus Superbus of the twentieth century stage becomes only an average man when he appears in public in a sac suit and a summer straw. There may be differences of opinion perhaps as to where the new development should begin and end, but the natural order of precedence suggests the physique first and the mental culture afterwards—especially as the real education of either men or women starts less in school than after school, with the contacts and conflicts of life. There need be no fear of physical development being overdone, for, presuming it to be more than a fancy, it must be a far cry to the time when from a group of the daughters of Australia may be chosen a 'monstrous woman guard' for another Princess in a new Castle of Adamant—

> 'Eight daughters of the plough, stronger than men,
> Huge women, bloused with health and wind and rain
> And labour. Each like a Druid rock,
> Or like a spire of land that stands apart,
> Cleft from the main, and wail'd about with mews.'"

* * * *

Bravo England!

Hearty congratulations to Mr. P. F. Warner and his little band of cricketers on their achievements "down under," for they have successfully ridden down all the adverse comment which assailed their selection, and proved their worth by securing once more those much vaunted "ashes," which by the time these lines appear will be well on their way home again. That they will receive a right royal welcome from all lovers of true sport when they arrive goes without saying.

The Most Fascinating Form of Automobilism.

By DOROTHY LEVITT.

MARINE motoring, voted by its devotees the most fascinating of all forms of automobilism, will be much in evidence this year. The races at Monte Carlo this month will be followed throughout the season by a long series of events, including the British International and Gaston Menier International contests. Both of these events were last season carried off by "Napier," the forty-foot boat which I had the pleasure of steering and which I was commanded by H.M. the King to manœuvre round the royal yacht off Cowes. "Napier," although a very fast boat, was extremely easy to handle, and when we were at Trouville for the Gaston Menier race the French people and papers all expressed great astonishment that the winning boat should have been guided by a lady. They need not have been so surprised, because the old boat was far more docile and tractable than any motor car I have ever driven. The slightest

THE "NAPIER" MOTOR BOAT—(1) READY TO START.

(2) HALF SPEED AHEAD

(3) AT FULL SPEED.

touch of the wheel was sufficient to influence her course.

The great point about marine motoring is that one is not restricted either by speed limitations or roadways. The fascination of skimming over the blue sea on a bright summer's day, with the accompanied exhilaration induced by the rush of salt air, must be experienced to be adequately appreciated.

Of course, one must don oilskin overalls, but even they, if properly made, need not of necessity make one look an absolute and positive fright. Undoubtedly, "Motoring-sur-mer," if I may coin the phrase, has a great future before it.

(4) HOME AGAIN!

Physical Culture in South Africa.

IN view of Mr. Sandow's forthcoming visit to South Africa in continuation of his world's tour, the following particulars forwarded by an esteemed correspondent, and setting forth the results achieved in the athletic world by one who is a student of physical culture, will no doubt prove interesting :—

Following on the old South African champions—J. M. Grebenauw, C. Kruger, and J. E. George—comes D. Welge, who, since 1899, has been quite in the front rank of cyclists at any distance from a quarter-mile to ten miles. Nor do his staying powers end here, for he has also proved successful over 25 miles. Welge, who is as fine an example of a typical athlete as one could wish to see, is not only a prominent cyclist, but is equally well known in the gymnasium, and, as a member of the Johannesburg Amateur Gymnastic Society, was one of the team which recently defeated the Kimberley Pirates. He has previously belonged to the Wanderers, Johannesburg, and the Pirates, Durban, whilst for three years he has adopted the Sandow system, with results which have exceeded his most sanguine expectations. He, like Tremeer, Holbein, and many another leading athlete, found that the principle of training only the muscles employed in any given branch of athletics was wrong, and that to succeed thoroughly one must perfect the whole muscular system. The results may best be judged from the fact that last year Welge won all the scratch races in which he started with one exception, and, in addition, established a new quarter-mile standing start record for the Transvaal, on a mud track, covering the distance in 29¾ secs., which compares most favourably with A. L. Reed's record for the United Kingdom,

D. WELGE AND A FEW OF HIS TROPHIES.

accomplished on a cement track, which stood for years at 29 secs.

Many of Welge's friends were imbued with the same fallacy which has seized others, viz., that a course of physical culture would tend to make him slower. But he has proved the absurdity of the idea, and asserts that his present mode of training has had distinctly opposite effects. His only cause for complaint is that it has made him so strong that he has great difficulty in finding parts capable of withstanding the great strain he places upon them when sprinting. Quite recently he has broken five cranks and four handle-bars!

Welge openly expresses the opinion that the Sandow system of physical culture cannot be excelled for cyclists, for it provides all the necessary stamina to withstand the great strain. And, moreover, there is a great saving of time in exercising, twenty minutes' conscientious work per day with dumb-bells and developer being all that is necessary.

Welge considers the finest race he has ever ridden was last May at the Wanderers' sports, in the ten miles scratch race for the Caledonian Cup. There was a field of thirty competitors, and thirty yards from the tape he was lying fourth—ten yards to the bad. By a great effort, however, he got up and won in 23 mins. 20 secs. (unpaced).

During his racing career Welge has won prizes to the value of something like £650, his chief successes being: 1900—L.B.C. One Mile Championship, Natal; 1901—N.C.A. One Mile Championship, Natal; 1902—Duvaal Shield (£200), one mile; Pugh Cup, five miles; Caledonian Cup, ten miles (all Johannesburg); 1903—Caledonian Cup, ten miles; Joel's Cup, ten miles (Johannesburg); and Caledonian Cup, ten miles (Germiston).

JOHANNESBURG AMATKUR GYMNASTIC SOCIETY.
(D. Welge on the extreme left.)

The Stage Physical.

By F. NEVILLE PIGGOTT.

MR. BEERBOHM TREE AND HIS ACADEMY.

SOME MORE OPINIONS.

DESPITE Mr. Beerbohm Tree's taciturn silence to Mr. Sandow's challenge contained in his article which appeared in the issue of December last, he would at least appear to have taken to heart some of the remarks therein contained, dealing with his proposed "Academy of Dramatic Art," which is now, I understand, an accomplished fact. Referring to Mr. Tree's condemnation of physical culture for the actor and actress, Mr. Sandow said:—

"In his (Mr. Tree's) condemnation of the culture of the muscles in the actor he necessarily includes the heart, the breathing mechanism, and generally those organs of the body which enable it to withstand the enormous physical and nervous strain to which the actor is subjected in the pursuance of his difficult profession.

"Fencing, deportment, dancing, form excellent opportunities for the culture of muscle. These, according to Mr. Tree's dictum, are to be discarded as bad for the actor.

"Elocution, or the proper speaking of lines on the stage, necessitates a thoroughly developed muscular breathing mechanism, the culture of which, if Mr. Tree's opinion be correct, is bad for the actor. Mr. Tree may have reached his present eminence in his profession by the exclusion of all these items from his course of training. Personally, I doubt it.

"I have read that Mr. Tree is lending his powerful influence to the formation of a school for acting. It would be interesting to know if he proposes to exclude from the curriculum everything which would promote the culture of the muscles in aspiring pupils; if so, it would indeed be unfortunate, for I can see, if such should be the case, a return to the days of the Bunthorn class of individual, made famous by Mr. W. S. Gilbert in his pretty comic opera, "Patience." Just imagine, if you can, our stage filled with men lacking all knowledge of fencing, deportment, or how to breathe properly!"

From the prospectus of the "Academy of Dramatic Art" which is just out, however, I learn the pleasing news that there are to be departments in the school for acting and elocution. The students of elocution will be taught how to produce their voices rightly and how to recite and declaim blank verse. The study of Shakespeare and the elements of oratory will complete the curriculum in this branch. From this it may be inferred that as the students are to "be taught how to produce their voices rightly," they will be shown how to breathe properly, and how to develop the lungs for that purpose by systematic exercise. This, as has already been proved by so many whose opinions have been given in these columns, and will be by many more to follow, is a most essential qualification for the actor.

In the more muscular department of the school for acting, it is interesting to note that gesture, deportment, bowing, the use of the

fan, dancing, fencing, and pantomime are to be taught, all of which, it need hardly be pointed out further than as above, "form excellent opportunities for the culture of muscle." But there is a further branch of learning mentioned under the head of the school for acting which demands attention, if only for its vagueness, viz., "the auxiliary arts of the stage." Can it be that under this well-cloaked phrase Mr. Tree intends to follow out, what seems to be in the opinion of the majority of the leading members of the profession an urgent necessity—a system of physical culture? Let us hope so, and trust that ere long Mr. Tree's hope expressed in the prospectus, that the Academy "may become in time one of the national institutions of Great Britain" be realised, for if such a prominent member of the profession will but lend his aid in raising the physical standard of the community of which he is such a shining light, it will indeed be a step in the right direction.

And now *revenons à nos moutons.* In continuation of the brief expressions of opinion from leading artistes given last month, it is most gratifying to be able to quote such an esteemed member of the profession as

MR. HAYDEN COFFIN.

At the time Mr. Sandow approached the most popular of our lyrical impresarios, he was deep in the throes of rehearsal for "The Cingalee," at Daly's Theatre, in which he has achieved another signal success, and it is therefore excusable that he should have requested his representative, Mr. L. G. Sharpe, the well-known concert agent, to act as his intermediary. I do not think I can do better than print Mr. Sharpe's letter *in extenso.* It is as follows:—

Eugen Sandow, Esq.

"Dear Sir,—

"Mr. Hayden Coffin has just received your letter, and as he is very much pressed for time owing to continual rehearsal for the new piece at Daly's, he has asked me, as his business representative, to reply to same.

"In doing this I must explain that although Mr. Coffin is well aware of the excellent work you have accomplished in improving the physical standard of all classes of the community, he does not wish personally to reply to the few questions you have asked him, as he has made a strict rule since the commencement of his career, not to appear as giving a personal interview in any newspaper or magazine—in other words, objects to appear in print as talking of himself or giving his ideas on any subject relating to his profession; and in all

MR. HAYDEN COFFIN.

fairness to other magazines, from which he has had similar requests, he must refuse yours. However, as I have had the pleasure of knowing Mr. Coffin for many years, I can, perhaps, in a few words, give you an idea of his views on the questions you ask.

"I. Mr. Coffin is strongly of opinion that actors and actresses should be possessed of sound physical qualities for the requirements of their profession.

"II. Actors and actresses of the present

day, with very few exceptions, are in splendid physical condition.

"III. Improvement in some cases is perhaps necessary, and this, no doubt, could be brought about by systematic exercise.

"IV. Mr. Coffin takes a great deal of exercise, as he is an exceptionally active man, and I have no hesitation in describing him as an excellent all-round athlete."

MR. HENRY VIBART,

before making his bow to a London audience, had an extensive career in that excellent

MR. HENRY VIBART.

training ground, the provinces, during which his love of exercise stood him in good stead and has placed him in a position to judge most accurately the requirements of the modern actor. It is interesting to note that Mr. Vibart is a firm believer in the Sandow system of exercise, which he has followed for the past few years, and although "out of his teens" for some time now, he is proud of the fact that he is still able to keep his weight down to the same as when he was nineteen years of age. He also sets a fine example to other *patres familias*, for he informs me that his boys are also enthusiastic followers of the Sandow system. Prior to using the developer, Mr. Vibart used Indian clubs and ordinary bells, but he finds his present mode of exercise far more beneficial. Nor has he relinquished his fondness for outdoor sport. In his own words: "I keep at it—cycling, golf, swimming, and all kinds of sports—as in the old days."

In the face of these foregoing remarks it seems almost superfluous to state that Mr. Vibart is decidedly of opinion that a sound physique is necessary to enable the actor or actress to carry out successfully the requirements of their profession, but he also adds, "and control of the muscles of the body to be gained by fencing, boxing, and general exercise is most valuable to the artiste." I would like every actor to take note of these remarks as coming from one who speaks from actual experience.

Whilst agreeing that there is plenty of room for improvement, Mr. Vibart considers that the profession at the present time, physically, is better than it ever was, and gives as the reason for his opinion the fact that the members of London or touring companies, with plenty of time on their hands, have of late years taken advantage of the many facilities for cycling, golf, and cricket, and these have led them into various other ways of enjoying a healthy life.

Mr. Vibart's advice to his brother and sister artistes is that they should one and all adopt a regular course of systematic exercise if they would realise the real pleasures and benefits of health. "Speaking from experience," says he, "I know that a quarter of an hour every morning with bells or developer will soon bring about a marked improvement."

I have already exceeded my allotted space, so must withhold further expressions of opinion from well-known artistes until the next issue.

IN Japan, according to Mr. Irving Hancock, in his preface to his new book on "Physical Training for Women according to Japanese Methods," there is no "weaker sex." Physically the women are the peers of the men of their own age and weight, and the fact is attributed to the use by both sexes of the same careful methods of cultivation of the body. Here is obviously the reason for the devotion of the men of Japan to the culture of muscle and subtle tricks of defence, and it also becomes plain why the Japanese are so progressive and fearless. After the Japanese husband has settled his domestic problems with a wife as strong and agile as himself, international warfare has no terrors for him.

* * *

About sixty ladies and many more gentlemen, all in the flush of youth, have joined the Anti-Corset League at Leeds, which is an off-shoot of the Leeds Society of Physical Culture. The stern males have vowed never to marry "corset wrecks." A lady who competed at the Leeds beauty show is at Calverley extending the influence of the League, while at Huddersfield and Morley also the League has taken root and flourished. The corset so much in favour with ladies is denounced as destroying the beauty lines of the body. Young men are called upon to choose natural waists or no wives at all, and to discourage as far as they can the self-immolation necessitated by the wearing of stays. Ladies are exhorted to endeavour to have all garments suspended from the shoulders. If all girls and women could be induced to forsake the present fashion and don the loose garments of the dames of ancient Greece, the world would be all the better, say the officials of the League, and we endorse their sentiments.

* * *

There was a large attendance, including a considerable proportion of ladies, at the Old Central Hall, Corporation Street, Birmingham, on February 10, when a demonstration of the Sandow system of physical exercises was

given by pupils of the school conducted by Messrs. Hubbard and Duke, in the Upper Priory.

Mr. Eugen Sandow presided, and he was supported by Sir James Sawyer, with whom was Lady Sawyer, Mr. J. Hubbard, and other gentlemen interested in physical culture.

The pupils were put through exercises with developers and dumb-bells by Instructor Palmer, separate exercises being shown in turn by men and ladies. These were very smartly executed, and were greeted with frequent applause from a highly appreciative audience.

Mr. Sandow at the close expressed himself as greatly delighted with the efficient manner in which the exercises had been performed, and declared that in no one of his schools had he ever seen them more perfectly executed. For this result the greatest credit was due to Mr. Hubbard, who had for very many years been associated with the athletic life of the city, and had taken a deep interest in the physical development of its youth, and to the able instructor, Mr. Palmer.

One point upon which he dwelt with much emphasis was the fact that the ladies who had participated in the display, and who possessed beautiful figures, were quite innocent of the use of corsets. These latter articles, so widely regarded as essential portions of a lady's attire, prevented the proper development of important parts of the body, and the figure presented to observation by their use was a purely artificial production, by no means comparing favourably, either hygienically or in the artistic sense, with the natural figures displayed by the young ladies who had exercised that afternoon.

Mr. Hubbard, after expressing his thanks to the company for their attendance and cordial reception of the items of the programme, said they owed a great debt of gratitude to Mr. Sandow for coming amongst them and encouraging them as he had done. Mr. Hubbard dwelt on the value of physical exercises for growing boys and girls, and spoke of the careful system of keeping accurate records of the physical condition and development of pupils in vogue for the past twenty years at King Edward's Grammar School.—*Birmingham Gazette.*

* * *

The Empress of China, though by no means in her first youth, is extraordinarily agile and supple. She owes this, no doubt, to the fact that, though she does not favour the methods of the "foreign devil" in any other way, she has one peculiarly European custom. One room in the Imperial Palace at Pekin is specially put aside for the purpose of physical culture. Every kind of gymnastic exercise is here indulged in by the Empress, and it is an understood thing that her ladies shall in all respects join with their Imperial mistress. In spite of her sixty odd years, the Empress manages to vie successfully with women much younger than herself, and in wrestling bouts she is especially adept. Not long ago Her Majesty thought that she would like to learn fencing, and accordingly a European professor arrived to instruct her in that most difficult art. Unfortunately, Her Majesty's temper is somewhat hasty, and, after being disarmed rather suddenly once or twice, she flung her foil away from her, and declared with violence that fencing was a ridiculous sport, only fit for the "foreign devil," and that in future it was not to be named in the Imperial Presence.

* * *

A country contemporary makes the following statement :—

"Sabre exercises for women are quite a new thing, but whether the sabre will become as popular as the foils is another matter, for the use of the sabre demands more bodily strength and is more exhausting than the work with the foils. The foils have become quite the rage amongst a certain class, and many ladies—as, for example, Miss Toupee Lowther—have shown themselves adepts in their handling, and worthy foes of the sterner sex. The ladies seem to show remarkable alertness with the foils, these light weapons seeming more suitable for their keenness of

eye and general vivacity. But it is claimed for sabre practice that it is a step beyond foil work in muscular development. It demands not only nerve, but a strong arm, while it also tries the muscles of the back to a far greater extent than is the case with the foils. A number of medical men have already declared in favour of the sabre, and classes have been opened where ladies may be taught to master this—to them—new art. If ladies should take well to this form of exercise it is not unlikely that the general lines of the female figure may undergo a change, for so far as it has gone, the new craze has shown that it cannot reconcile itself with the wasp-waist, and that successful practice brings a figure moulded more after the ideals of physiculturists, with well-developed hips and shoulders."

That sabre exercise is ever likely to become popular amongst the fair sex for the purpose of obtaining that symmetrical development every right-minded woman must wish for, we can scarcely imagine. The exercise is far too strenuous, and we should be the last to recommend it as a means of physical development. Foils are to be commended for many reasons, but only as an adjunct to systematic exercise, which alone will produce a symmetrical development.

* * *

We understand that another physical culture competition is to take place in the North of England in the near future on similar lines to the one decided at the beginning of the year. Although, however, the competition is thrown open to both sexes in the British Isles, the reward, we venture to think, is scarcely commensurate with the conditions of the contests. Anyone between the ages of seventeen and fifty is eligible, with the reservation that women competitors must be at least 5 feet high and men 5 ft. 4 ins., and two ten-guinea cups are offered for the winners.

The directions for men are concise—they must send a small entrance fee and a full-length photo, together with specified skin measurements, and when they pose before the judges they must wear bathing-drawers of uniform colour and no shoes.

The directions for women occupy more space. They also must send the small entrance fee, together with a full-length photo, in drapery which admits of a fairly lavish display of their charms of figure. They must also send certain measurements, with particulars as to age and weight; and they are asked to state if they wear stays or corsets; or, if not, when and why they discontinued them.

Ladies are required to wear "tights from knees to shoulders, either white, pale pink, or pale yellow, and no shoes." They are also to provide themselves with about five yards of muslin of the same colour as their tights, for draping purposes; and prior to posing before a mixed audience, where the final judging will take place, all competitors will be examined in private by doctors as to their soundness.

Whilst applauding and quite ready to support anything which is likely to bring about the much-to-be-desired physical improvement of the nation, we venture to think that a competition carried out on the lines set out above is scarcely likely to receive from the fair sex anything like representative support, for how many would be found willing to place themselves before a mixed assembly in fleshings and drapery? No, surely some better means can be devised whereby such a competition may be decided without its descending to an ordinary show.

* * *

THE GREAT CAICEDO ON THE HIGH WIRE.

Physique at the Hippodrome.

By S. GORDON HUNTER.

WE can, all of us, recall to mind the amount of pleasurable excitement engendered by the anticipated visit to the town of So-and So's circus, "For one night only," in our youthful days. But the day of the old-fashioned travelling show has nearly passed, and now in its place we have, thanks to the great enterprise of such men as Mr. H. E. Moss, permanent buildings where the time-honoured ring has its reputation upheld, nay enhanced; where daily, year in and year out, one may see something fresh, and where the traditions of the old-fashioned circus are maintained, but are not allowed to pall upon one. Such a place is the Hippodrome, the pioneer of the permanent circus and the brightest star in the variety world that has ever shone. When four years ago its doors were thrown open to the public, many doubted the feasibility of running two shows a day all the year round, but such has been proved not only practicable, for success upon success has been achieved until now the Hippodrome may be justly considered one of the best enterprises of modern times. That this has only been done after an extraordinary amount of effort goes without saying, but not a little of its popularity is, and has been, due to the fact that the management has adopted a policy whereby all classes, and both young and old, can take a pleasurable interest in the entertainment, and in this lies the secret of its success. Whilst the traits of the circus, with its ring-master, clown, and equestrienne, have not been neglected, the athlete and admirer of physical development and gymnastics has received full consideration, whilst, in addition, the lover of the spectacular has also his due meed of attention.

Of course, we have had permanent circuses before, notably Astley's and Hengler's, but it was their fate which caused people to open

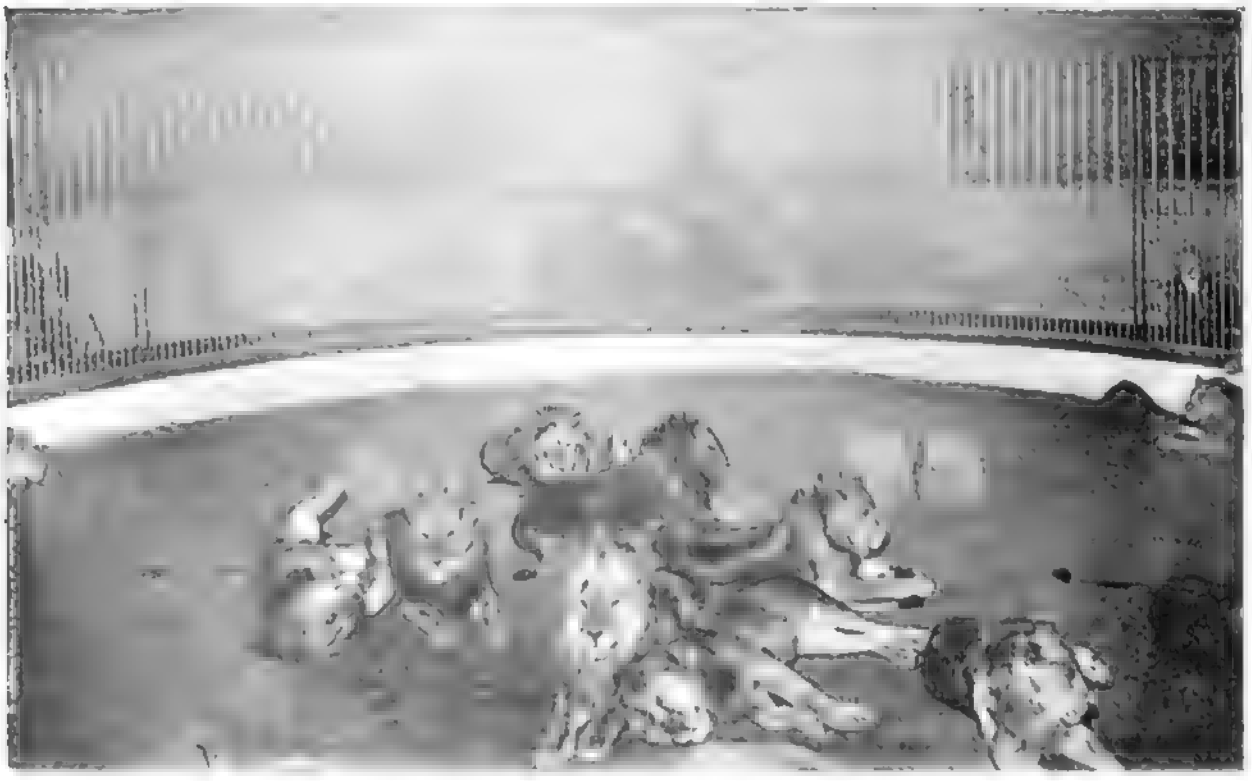
their eyes wide with surprise at the trepidation of those responsible for the venture under notice. And we have had Hippodromes in England before, but of a different kind. The most notable prior to the year 1900 existed—we cannot say flourished—at the time of the accession of the late good Queen Victoria, at Notting Hill, at that time a very rural suburb. It was an enclosure two and a-half miles in circuit, with a view from its centre, "as spacious and enchanting as that from Richmond Hill, and where almost the only thing you cannot see is London" (*vide* "Sporting Magazine," 1837). There was a steeplechase course of two and a-quarter miles, then a racecourse, and a space for carriages and equestrians. It was a fashionable resort, and at one time Lord

THE SISTERS O'MEERS.

Chesterfield and Count D'Orsay were stewards.

Whilst the space at command at Notting Hill is not to be found in the neighbourhood of Leicester Square for the present Hippodrome, nor the view so extensive, the management has filled the breach by utilising the space at command much as an inch tape is confined in its box. All and much more than ever was anticipated could have been boxed up in so small a compass is there. We do not propose here to describe all the elaborate arrangements and fittings of this wonderful Aladdin's Palace — that can be found fully explained on the programme of the establishment—but it is our intention to give a brief account of some of the most notable exhibitions which have attracted thousands upon thousands of pleasure-seekers and sight-seers, who, since the opening day on January 15, 1900, have packed the handsome building from floor to ceiling. It is, of course, quite impossible, in the short space

HERR JULIUS SEETH.



HERR SEETH'S FAMOUS TROUPE OF LIONS.

at command, to deal fully with the whole of the turns which from time to time have made their appearance here, but, as a magazine devoted in the main to physical culture, we propose dealing chiefly with those items which appeal to lovers of physical culture; and, glancing at the initial programme, one is at once struck by the name of Herr Julius Seeth, a man whose fine physique stood him in good stead in his dangerous and arduous profession as a trainer of the King of Beasts. Seeth, who stands well over six feet in height, and is a handsomely proportioned man, showed how physique and strength of will go together, and startled all England by appearing in the grilled ring with a troupe of twenty-one lions. His wonderful performance is now too well known to need recounting here, for since his initial appearance he has made two successful return visits to this home of delight, but it may not be out of place to record how he came by his fine troupe. Whilst in quest of lions Herr Seeth visited the Emperor Menelik, who, hearing of Seeth's intrepidity, dared him to enter an enclosure containing twenty-eight untamed lions. Seeth at once took up the challenge, climbed over the fence, and as soon as he was amongst them the beasts

THE FAMOUS CYCLISTS.

crept stealthily away, so much did his presence seem to inspire them with fear. The Emperor bestowed on Herr Seeth the highest State decoration, a gold bracelet set with precious stones, and allowed him to take the whole herd to Europe.

During his first visit Herr Seeth had the unique and unpleasant experience of being charged with picking pockets! Whilst on the top of an omnibus(his favourite relaxation) a lady missed her purse, and, seeing Herr Seeth on the seat immediately behind her, at once gave him in charge, but subsequently found out her mistake, made a public apology, paid the lawyers' fees, and also made a handsome donation to the German Hospital. All's well that ends well! Amongst the earlier visitors to the Hippodrome who claims attention from a physical culturist's point of view was Mdlle. Arinotis, a young lady of abnormal muscular strength, particularly in the arms and teeth. Included in her many feats was that of supporting at arm's length a chair on which three "mere male things" were seated, with two others depended. The Pantzer Brothers, whose photos we are able to give, also created considerable notice by their clever and unique performance. Attired in faultless fashion as "young men about town" they present some smart acrobatic and balancing features.

THE PANTZER BROTHERS.

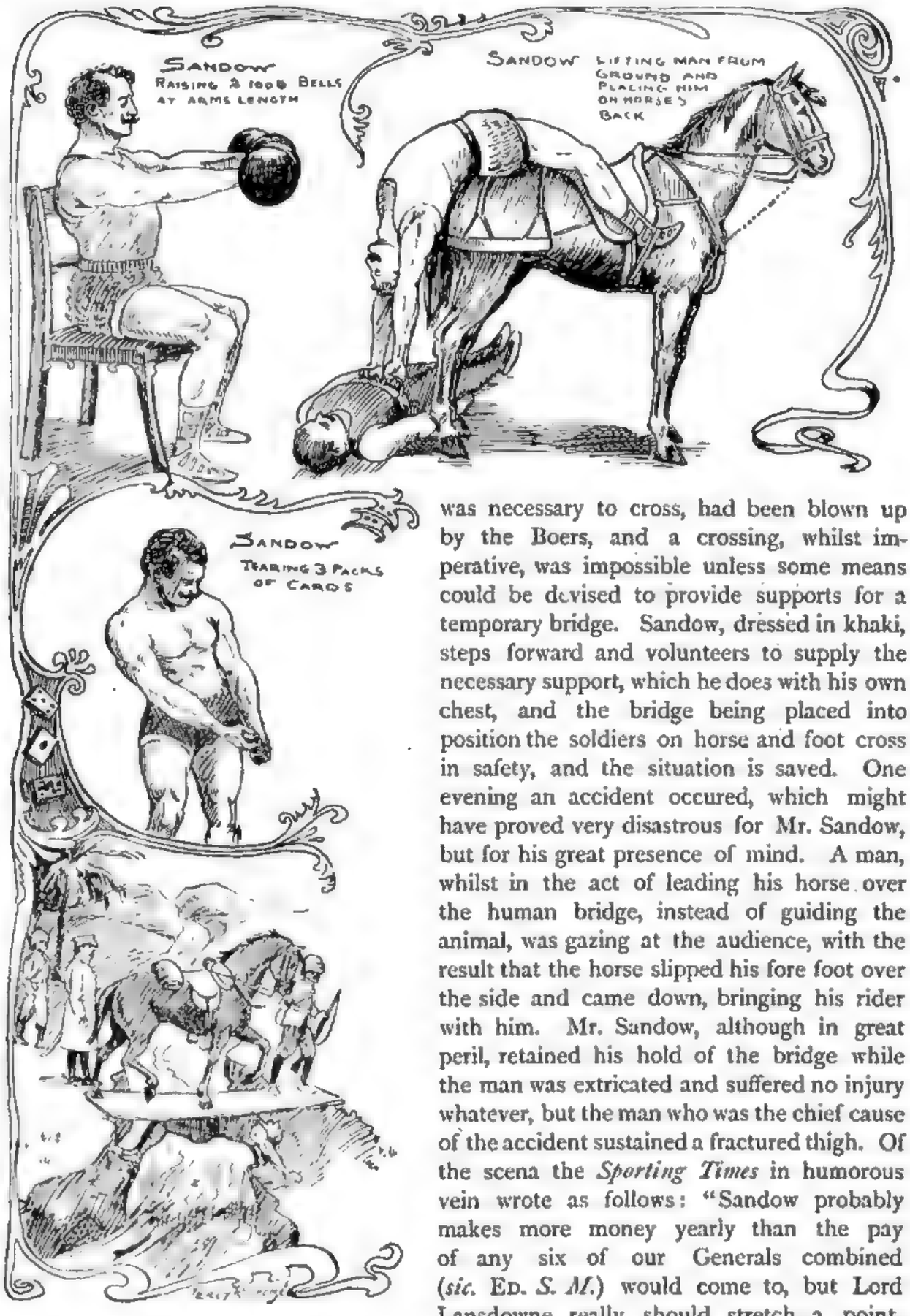
A red-letter day in the early history of the Hippodrome was April 23rd, 1900, when Sir George White, fresh from the siege of Ladysmith, paid a visit and was subjected to another siege by an enthusiastic crowd, through which he had to fight his way. The gallant general, in recounting his experience, said it equalled the most arduous part of his campaign in South Africa

Mr. Frank Parker, who, from the commencement, has held the reins of stage management with such signal success, and of whom more anon, has been responsible for some marvellous spectacles, and his first essay drew all London. It was entitled "Giddy Ostend." Nothing approaching the sudden change from the apparently solid ring floor to a huge lake on such a magnificent scale had ever been seen before, and the effect of thousands of gallons of water rushing in from all sides, with fountains reflecting all the colours of the rainbow by ingenious electrical arrangements, created quite a furore. Into this scena was introduced some clever exhibitions of diving and swimming by the Finneys, whose display added not a little to the success of the piece, which ran for some months.

THE FINNEY FAMILY.

Brief mention must be made of the visit during the summer months of the three Donals, acrobats of extraordinary strength and abundant skill; R. H. Baker, the American jumper, who, although standing only 5 ft. 6 ins. high, clears 16 ft. at a stride and tips the bar at 6 ft. 7 ins.; Lafayette, the great magician; the Athos troupe of acrobats, dextrous and daring; and Newhouse and Ward, two of the cleverest cyclists ever seen on this side. This brings us to the month of September, which, to readers of this magazine and followers of physical culture in general, marks an important era in the history of the place, for it saw the appearance of Mr. Eugen Sandow, who for many weeks attracted huge audiences to witness his unique and instructive display... Many new and clever feats were introduced by "the Master," but the chief item consisted of a realistic sketch, descriptive of an incident in the war in South Africa, written and invented by Mr. Frank Parker. A bridge over a stream, which it

EUGEN SANDOW.


SANDOW
RAISING A 100lb BELL AT ARMS LENGTH
SANDOW LIFTING MAN FROM GROUND AND PLACING HIM ON HORSE'S BACK
SANDOW
TEARING 3 PACKS OF CARDS

SANDOW'S GREAT FEATS.

was necessary to cross, had been blown up by the Boers, and a crossing, whilst imperative, was impossible unless some means could be devised to provide supports for a temporary bridge. Sandow, dressed in khaki, steps forward and volunteers to supply the necessary support, which he does with his own chest, and the bridge being placed into position the soldiers on horse and foot cross in safety, and the situation is saved. One evening an accident occured, which might have proved very disastrous for Mr. Sandow, but for his great presence of mind. A man, whilst in the act of leading his horse over the human bridge, instead of guiding the animal, was gazing at the audience, with the result that the horse slipped his fore foot over the side and came down, bringing his rider with him. Mr. Sandow, although in great peril, retained his hold of the bridge while the man was extricated and suffered no injury whatever, but the man who was the chief cause of the accident sustained a fractured thigh. Of the scena the *Sporting Times* in humorous vein wrote as follows: "Sandow probably makes more money yearly than the pay of any six of our Generals combined (*sic.* Ed. *S. M.*) would come to, but Lord Lansdowne really should stretch a point, get a special vote in the Estimates and send

him out to South Africa. De Wet and other bridge-wrecking generals might then be absolutely disregarded. Whenever a pier or two were destroyed, Sandow would take their place and support the girders on his manly chest; then horse, foot, and guns would be able to pass over it as if such a thing as dynamite had never been invented."

About this time the Sisters O'Meers, in their clever performance on the slack wire, showed to what a pitch of perfection they had brought their physical training, and Paul Cinquevalli, who is too well known to need any remarks, here, scored a distinct success.

MISS LULU LA TASKE (Snake Charmer).

After "Giddy Ostend" came "Siberia," into which some wonderful scenic effects were introduced, the spectacle portraying, in realistic fashion, life in Siberia, with the horrors of exile, and gave the opportunity of introducing Mr. Hengler's marvellous plunging horses. As a Christmas attraction, this scena gave way to pantomime, "Cinderella" being the subject chosen. Most lavish was the expenditure on this beautiful production, and we need only mention that the famous glass slipper, made of Abyssinian diamonds, cost a hundred guineas, and the heroine's chariot ran nearly to four figures, to give an idea of the amount of money spent on the piece. This brings us to the close of the first year of the Hippodrome's unqualified success, and next month we will review briefly some of the chief attractions of 1901.

(To be continued.)

Club Swinging and Wrestling.

THE CHAMPIONSHIPS OF SOUTH AFRICA.

TOM BURROWS WINS BOTH.

OUR correspondent in Cape Town, who recently sent us an account of club swinging in the Colony, has forwarded some interesting facts dealing with the contest for the club swinging championship of South Africa between that well-known performer, Tom Burrows, and Papenfus, and also the versatile athlete's wrestling contest with Victor Sampson, of Johannesburg, for the championship of South Africa. In both cases Burrows was successful, particulars of the contests being as under :—

TOM BURROWS.
A windmill combination.

INDIAN CLUBS.—BURROWS *v.* PAPENFUS.

The thirty hours' club swinging contest for the championship of South Africa was decided at Fillis' Circus, Johannesburg. It was more than an ordinary contest; it was an object lesson to athletes, to all who make hygiene a study, to watch two such men swing, and to learn how different exercises affected different muscles, different parts of the body. The committee worked hard, and some of them put in many hours superintending the work, and encouraging by their presence and expressions the two swingers.

At the end of eight hours Burrows had gained a lead difficult to make up, for Papenfus had not alone released his hold of one of the clubs (the left hand one once), but Burrows' swings averaged on the whole faster, displayed more variety, and a better sequence in combination. Papenfus put in some fine exhibitions of swinging, but he nullified his efforts by faulty work subsequently. After midnight Papenfus had a bad time. Between 12 and 2 o'clock his swings averaged but 124, while his opponent averaged over 150. Papenfus swung with difficulty, and put in a lot of half-club grip work, while Burrows swung regularly and neatly, showing many combinations, and never altered his grip. After that, however, Papenfus brightened up considerably, and at 2.40 a.m. put in ten minutes of very brilliant work, his exercises consisting of long open swings under the body, varied by cross-swings above and behind the head. At 3.25 a.m. he was

registering as many as 210 revolutions to the minute. Between 3 and 4 o'clock he averaged 194 swings a minute. On three occasions when he was timed, Burrows averaged at the same time 192, but his work was not so heavy as Papenfus'. After that Papenfus fell away considerably, and the next four times taken showed 140, 152, 148, and 148; while Burrows was doing 192, 154, 154, and 156. At 5.25 a.m. Papenfus let the right club fall, and once again had trouble with his hands, while the strain on his legs began to tell. Prior to that (after midnight) he had to get extra clothing, in addition to which fires were burned on the platform. Burrows did not put on his sweater till nearly 3 a.m. About 6 a.m. Papenfus complained much of cold, and although occasionally he did some good swinging, as a rule he swung weakly, while Burrows continued his even swinging, using light body and glide movements as a means of rest. His average, on the occasions when the swings were checked, showed him to be swinging the faster, and at 10 a.m. he reached the highest recorded total up to that time—216. After that the building became warmer, and Papenfus appeared more cheerful. His feet and legs gave him infinite trouble, and all seemed to go to show that, bar absolute breakdown, Burrows could not lose. Still Papenfus struggled on in indomitable fashion. At half-past twelve he was very weak, and he was swinging 98, compared with Burrows' 132 to the minute. He improved a little subsequently, and at 1.10 p.m. was swinging at 156, but Burrows then registered 208. This latter was a brilliant effort, showing some delightful combinations. During the afternoon Papenfus was very weak, and was swinging poorly. But he seemed to say: "I must finish, and must reserve myself to show the public what I can do." He would not give in. In the meantime Burrows showed no signs of fatigue, and swung in remarkably graceful style.

TOM BURROWS.
Side wrist parallel combination.

Towards evening Papenfus' hands troubled him, and once or twice he stopped momentarily. At 7 o'clock a blister burst on his left hand, and he relinquished his left club to his attendant while the latter dried his hand. At 7.5 p.m. the rate of swinging was, Papenfus 148, Burrows 186; at 7.10 p.m., 128 to 192; and at 7.30 p.m., 122 to 114. At 7.55 p.m., when the public began to assemble, Papenfus made an effort, and reached 184, to Burrows' 194. Just before this Papenfus had a break, so that his hands could be powdered. From this stage the reports read:—8.25. Papenfus, 128; Burrows, 190. 9.—Papenfus, 120; Burrows, 180. 9.15.—Papenfus, 170; Burrows, 190. 9.30.—Papenfus, 180; Burrows, 256. 9.45.—Papenfus, 188; Burrows, 194.

At 9.20 Papenfus had another break, which was followed by some pretty knob swinging, which, however, could not score against the accurate, brilliant work of Burrows.

At 9.45 Papenfus again dropped a club. In the last ten minutes both men swung exceptionally fast; in the last minute

Papenfus swung 262, and Burrows 312 combinations.

The judges ultimately gave Tom Burrows as the undoubted winner, but at the same time expressed their appreciation of the plucky display made by Papenfus. Without in any way depreciating Burrows' grand work, the performance, at the first time of asking, in the face of difficulties, of Papenfus swinging 30 hours, deserved every commendation.

WRESTLING.—BURROWS *v.* SAMPSON.

A huge crowd witnessed the meeting of Tom Burrows, of Cape Town, and Victor Sampson, of Johannesburg, in a contest for the welter-weight Græco-Roman wrestling championship of South Africa. Their previous performances gave promise of an exciting struggle, and in this regard the audience was not disappointed. When the men entered the arena it was seen that Burrows had the advantage in weight, and he must have scaled 7 lbs. more than his opponent. They were both in excellent trim, although as regards muscular development, Burrows showed up best.

TOM BURROWS.
A difficult twist.

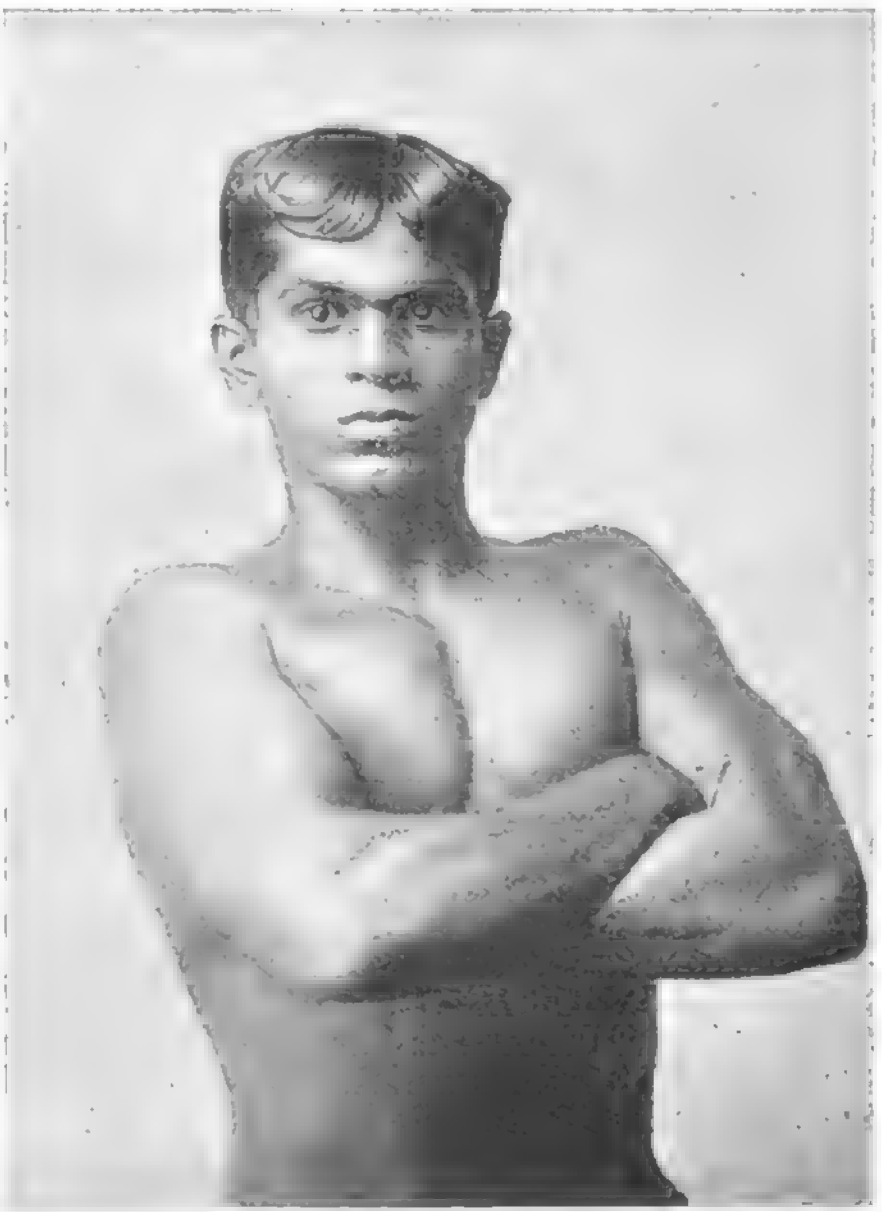
Burrows, playing for a Nelson and a jar arm-hold, brought Sampson on the side of his head, and the latter, after a keen struggle, did a quick head roll, and got on top. Burrows next brought Sampson to the carpet with a neck lock, and, forcing the pace, got a half-Nelson, and with a sudden jerk secured a three-quarter-Nelson, and brought Sampson to his shoulders after wrestling 12 mins. 30 secs.

After an interval of five minutes the men again faced each other, and Burrows at once assumed the aggressive, with the evident intention of finishing matters. Both men showed skilful quick arm work, Burrows trying for a shoulder throw, while Sampson stopped beautifully time after time. Burrows, with a quick turn, got a hip lock, but Sampson was too quick, slipped out of it, caught Burrows round the waist, and dashed him down on the right shoulder. Burrows extended on the mat and Sampson worked hard to get an arm lock, forcing Burrows to bridge, from which he spun over and again regained his feet. Burrows, with a neck and arm lock, brought Sampson to the ground, when, with a quick turn, Sampson got on top. Burrows formed a hip bridge and worked an arm lock. Sampson was giving ground, and Burrows evidently tried to work to his side, when the referee declared a fall during the operation. Time, 10 mins. 8 secs. Both men declared themselves ready to proceed after five minutes, although the articles called for ten minutes' rest. They made a simultaneous dash for a neck without delay. Sampson broke away. Burrows made a feint for a body hold, and quick as a flash, got a grip round the neck, and worked into a hip lock, bringing Sampson to the ground with a clean fall, and succeeded in holding him there. The round was short of one minute; and thus Burrows secured the contest and championship.

A Young Ceylon Athlete.

By FRANCIS DE ZOYSA.

LIKE all other countries in the world, Ceylon, too, has a considerable number of physical culture students, many of them following Sandow's world-renowned system. Whilst some fail to gain the actual result desired, one such student who has really benefited by physical culture, and who is now an ideal young athlete, is Vivian Wyesinghe, who can rightly claim himself to be one of the strongest youths in Ceylon. He is only 18 years of age at present, but possesses extraordinary strength for a youth of his age. His steady gait, his beautiful proportion, added to his splendid physical development, all mark him as an ideal young athlete. It is said that he first came to know of physical culture only at the age of 15, through his drawing master, who one day gave him a photograph of Eugen Sandow to be copied. Being incited by the photograph, he, too, soon followed the same system, with the help of and according to the instructions given in Sandow's book on "Strength, and How to Obtain It." He pursued the system regularly with the dumb-bells and developer for about 8 months, during which he improved vastly. He was first a flabby boy, full of fat; but after eight months' steady exercise he became stronger. His chest, which was at first 33 inches, expanded



V. WYESINGHE (Age 18).

to 35⅛ inches. After this Wyesinghe made the acquaintance of Mahbul Khan, "the champion wrestler of the East," and from that time placed himself under his express care, with the result that with this special training Wyesinghe has improved wonderfully during a period of two years and two months. His chest, normal, is now 37 inches; expanded, 40 inches; and the other muscles, too, have developed in proportion, as may be seen from the accompanying photograph. His measurements at the present time are as follows:—Chest, 40 ins.; neck, 14½ ins.; biceps, 14 ins.; forearm, 12 ins.; thigh, 22 ins.; calf, 13½ ins.; waist, 30 ins.; weight, 154 lbs.; height, 5 ft. 9 ins. He has also tried weight-lifting, and has succeeded in that department also. Some of his feats with weights and other trials of strength may be enumerated as follows:—1. Right hand lift of 130 lbs. 2. Left hand lift of 112 lbs. 3. Lifting with two hands two ring weights, each 60 lbs. and 52 lbs. 4. Lifting a bar-bell of 163 lbs. with both hands. 5. Lifting a dumb-bell of 75 lbs. to arm's length above head, and taking above head a ring-weight of 40 lbs. at the same time. 6. Raising a bar-bell of 110 lbs. ten times from shoulder to arm's length above the head. 7. Throwing a cannon-ball of 16 lbs. in weight to a distance of 33 feet. 8. Swinging a pair of Indian clubs (each 10 lbs.) for 30 minutes without stopping. 9. Turning a ring-weight of 28 lbs., and catching it 80 times without stopping. 10. Holding three billiard cues at the playing ends by means of the first and second fingers only. 11. Raising a bar-bell of 125 lbs. by means of both hands, and holding at arm's length, above the head, by means of one arm, at the same time taking another ring-weight of 30 lbs. to arm's length above the head.

He is learning wrestling also under the care of Mahbul Khan, but he is at present imperfect in that art, as he has only taken it up recently. It is most creditable and remarkable for a Ceylon youth of Wyesinghe's age to possess such strength, obtained chiefly under unfavourable conditions, such as those of climate and food. Many eminent physicians have examined his body, and they have given it as their opinion that, considering his age, he shows a most extraordinary development.

I HAVE received a letter this month from Mr. Ross, who recently won the Light-Weight Championship of Scotland, with reference to my comments on the lifting on that occasion. By instituting a comparison between Mr. Ross and the Birmingham weight-lifter, W. H. Challingsworth, the former gentleman considers that I have given him cause for feeling aggrieved, and inasmuch as he claims to have done considerably better than the Birmingham man, he believes that I have done him an injustice. I stated that both his single-handed lifts compared very favourably with the best Challingsworth is capable of doing. As Ross lifted 159 lbs. and 152 lbs. respectively, right and left hands, and Challingsworth, as far as I know, in actual competition has lifted nothing better than 140 lbs. with either, I do not think I was far wrong in saying the Scot compared favourably with the Birmingham man. Mr. Ross quotes some figures, which I presume are his best at the different lifts, and which are not those with which he won the recent championship; at least, they are different from the official figures thereat which were given me. In justice to Mr. Ross I will quote them:—

		lbs.
Right hand...	...	165½
Left hand ...	...	157
Bar-bell ...	...	185½
Total	...	508

The lifts I mentioned for the competition were 159 lbs., 152 lbs., and 172 lbs., total 483 lbs. At that meeting Ross states that he was handicapped by being compelled to use a dumb-bell in the single-handed lifts, he being used to practising with a bar-bell. Hence the difference between the total at Edinburgh and Mr. Ross's highest aggregate.

Mr. Ross also reminds me that to settle the question between himself and Challingsworth, he last year inserted a challenge to the latter in the *Birmingham Post*, and asked for a match to be made, but received no reply; and he holds this silence to be a confession of inferiority. The reason for that is surely obvious to Mr. Ross. The Birmingham man may possibly be willing to concede that Ross is the better lifter, but were he of a different opinion, a meeting between the two men would not be possible, unless, of course, Challingsworth were prepared to sacrifice his status as an amateur, and this, judging by his recent application for reinstatement to the A.G.A., is hardly likely. The A.G.A. would certainly never give their consent to such a match taking place, and were the Midlander to disregard the Association and make the match, he would not be permitted to compete as an amateur again. The law with regard to amateurism may be considered as operating very harshly at times, but, without the slightest wish to depreciate the professional, it must be pointed out that the necessity for a strict demarcation between

the amateur and the professional is a very real one, for were it not enforced we should see men reaping all the benefits accruing to professionalism, and at the same time retaining the privileges of the other class; and, goodness knows! there are quite enough of the "sham amateurs" in existence as it is.

Mr. Ross's letter also contains an open challenge to any 9 st. 4 lb. weight-lifter in the world, which I am pleased to make public, although I strongly suspect that the publication of Mr. Ross's best lifts will be likely to stand in the way of any acceptance of the challenge.

Some of my readers will call to mind the professional strong man and weight-lifter, one of whose special feats was the holding of a heavy cannon during the process of its being discharged, the strength of the performer being displayed, not in the ability to sustain the weight, but to retain it during the recoil without losing his own balance. I had thought the trick was forgotten, but at a recent athletic gathering at Nimes, a local strong man essayed to perform it; the cannon weighed 150 kilogrammes—about 420 lbs.—and the performer held it with the breech on his thigh. The gun should have been charged with 250 grammes of powder, but by some mistake this quantity was exceeded, and when a match was applied the charge exploded with a deafening sound, and the strong man hurled to the ground with a broken thigh.

Particulars have just reached me of the competition deciding the amateur championship of Paris, and will be interesting to those who have just read the results of our own amateur championships. The tests consisted of three lifts, viz.: double-handed straight press, double-handed snatch, and the double-handed jerk, Paul Pechaud, a burly Parisian, being returned the winner with a total of 620 lbs. (French), A. Lalande and M. Schweitzer, a middle-weight, being bracketed second with 590 lbs. each. The winner's lifts were:—

	French lbs.
Two-hand press	190
,, jerk	230
,, snatch... ...	200
Total ...	620

The second lift, the only one which enters into English championship tests, is, it will be noted, inferior to that which created the British amateur record.

My northern correspondent has sent me particulars of another meeting in Newcastle-on-Tyne during February. A 9-st. competition was one of the items, and although but three men entered, the lifting was both high-class and interesting. The bar-bell lift of the second man, G. Lumsden, was of remarkable excellence, considering his weight. All the lifts, it may be remarked, were in accordance with the conditions of the A.G.A.

Result:—

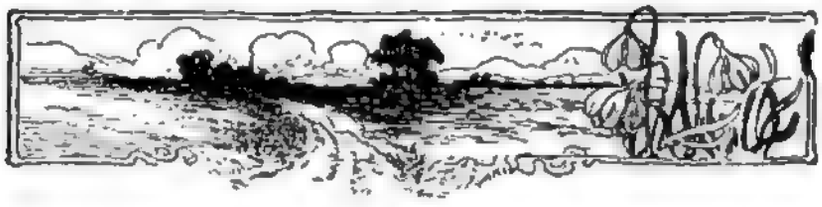
	R. hand.	L. hand.	Bar-bell.	Total.
	lbs.	lbs.	lbs.	lbs.
T. Hunter ...	129	133	157	419
G. Lumsden	113	129	174	416
J. Dickinson	113	114	157	384

A 10-st. competition fell to Mr. R. Gifford an amateur who is coming forward more than a bit in the North just now; his winning lifts were (as above) 148 lbs., 140 lbs., 178 lbs., total 466 lbs. T. Turnbull, although giving away some 10 lbs., beat his challenger, J. Walker—who I understand has challenged him again—by an additional 54 lbs.

Little-finger lifters please note the following: A 9½-st. youngster recently pressed a couple of ring weights, 56 lbs. and 42 lbs., suspended on little finger, from shoulder to arm's length above the head, six times running. It takes a Sergeant Wheeldon to do anything tremendous at this sort of thing, but this feat is not done very easily, as a trial will convince any doubting Thomas, and for a light-weight the figures are wonderfully good. In attempting this feat, take the following tip: Don't try to hook your little finger round the iron ring, but tie—and mind you do it

safely—a stout piece of rope to the ring, forming a loop in which to place the fingers.

Hearing that a prominent weight-lifter was about to attempt the almost incredible feat of pressing with one hand a bar-bell of 340 lbs. (quite correct), I went to see the performance. The attempt was made, but was unsuccessful, the lifter suffering at the time from a strained muscle of the neck. Had he been quite fit, I doubt if the feat could have been accomplished; the bar-bell used was a plate bell, the plates fitting on a spindle running into the shaft, and as the spindle fitted very loosely, the rolling of the heavy ends effectually prevented accurate lifting. The attempt, I understand, will be repeated at no distant date; if I be alive I shall be there to see it, and shall have something to say to my readers with reference to the hot arguments and violent assertions that have made their appearance under the provocation given by the claiming of so stupendous and apparently impossible a feat.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page vii of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

George Smith.—Your feats are good, but I do not advocate weight-lifting at all, and in a boy of your age I strongly disapprove of it. Stick to light dumb-bells and developer exercises and improve your physique rather than attempt heavy weights. Many thanks for your good wishes.

Ambicheuse.—You probably have made a correct diagnosis. Work my Abdominal Chart and Chest Chart on alternate days, and you will obtain the desired result.

H. E. O.—The correct pace is approximately one per second, varying to three per two seconds, according to the exercise being performed. If you study the Charts well you should have no difficulty in showing a great improvement in the time mentioned.

Kismet.—Seeing that you suffer so much, surely it is worth your while to go in for a special course. It would be a sure means of cure, and seeing that the case is so complicated, I strongly advise you to do so.

W. Saville.—Your first trouble is in all probability due to a weakness. You might try ordinary cyclists' glasses. Your second can be easily remedied. Practise regularly my Chest Chart, or, seeing that you are so near London, why not take a course at one of my schools?

Deltoid.—They are very often caused through a poor circulation of blood. Keep your hands at a normal temperature and get plenty of exercise. The price of all Charts are 1*s.* 6*d.* each.

M. Abdul Hamid.—You seem to be very weak muscularly and constitutionally. I am sending you my "Treatise on Physical Culture," and I advise you to be overhauled by your doctor, to fill in the enclosed form, and to take a "Postal Course of Instruction." Seeing that you are so far away, it would be quite the best and safest method.

Patience.—You have my Anthropometrical Chart. All you have to do is to get someone to take your measurements, reduce the inches to *meter and centimeter*, and then compare carefully your measurements and what you should be according to Chart, and then set to work to make up deficiency. All springs, etc., appertaining to dumb-bells may be obtained from Sandow Hall, Savoy Corner, Strand, W.C.

Clement Berry.—The growth is perfectly natural, and I do not advise you to tamper with Nature to that extent. Unless you are going to earn a livelihood with them it is no detriment to your muscles. I shall be pleased to prescribe for you as soon as is convenient.

Puzzled.—Since the publication of that book the whole of the exercises have been slightly revised; and if you will purchase a copy of the No. 1 Dumb-bell Chart you will note reference to breathing exercises. You should, however, have this chart by you if you have been reading the magazine for any length of time. I published 12 charts in series some 18 months ago.

Ixia.—Firstly, let me compliment you upon your views *re* corsets. They *are* an abomination *Re* your trouble, I strongly advise you to have a Course of Exercises by Post. For particulars, apply to 17, 18, Basinghall Street, London, E.C. This, I have no doubt, will effect a cure. You need great discrimination in your exercises for a complaint of that nature.

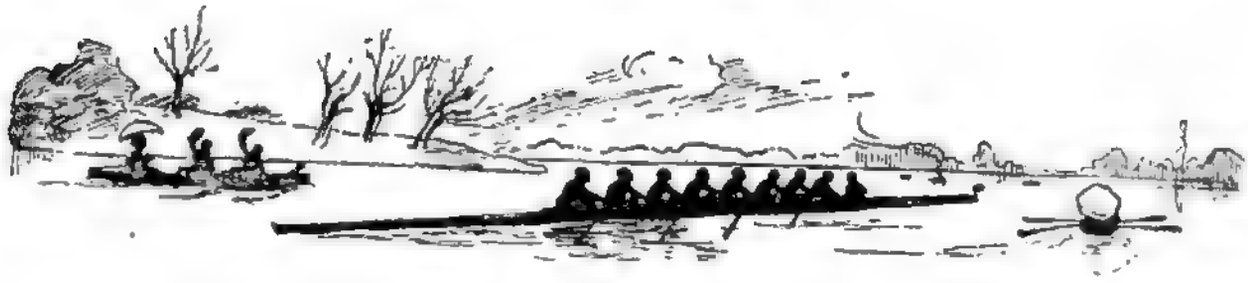
C. J. H. S.—Running is rather violent for you to begin with. You should start with the milder leg exercises, as laid down in the charts. Rub the joints well with my Embrocation before and after exercises. You might also try the leg exercises on Developer with advantage.

Sidney Adye.—Many thanks for your suggestion, which I will consider. Glad to see you are otherwise very pleased.

James H. Ross.—Many thanks for your poem. I will try to find room for it in the magazine, and I hope its appearance will stir you to further efforts.

Undersized.—Your height and measurements are, of course, not those of a Hercules, but you are yet very young, and, providing you enjoy good health, you should have no difficulty in getting bigger. The deficiency is not particularly marked, unless it is in the upper arms. Exercise from my No. 1 Chart, and take Plasmon (powder form) with your food, and Plasmon Cocoa for breakfast and lunch.

Ernest Graham.—Repair is constantly going on. Sixty minutes' exercise of a systematic nature, quite apart from athletics, etc., is not at all too much per 24 hours. Will power, as explained by you, is not all. The grip should be retained also. One is the result of the other. Make a careful study of this theoretically and practically, and note the result.



Sandow's Sports Bureau

With a view to providing a medium whereby readers of his magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics in the selection of the articles desired.

Be it a bat, football, racquet, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,

Sandow's Magazine,

131, Temple Chambers,

E.C.,

stating the nature of the goods wanted. The expert will at once (by return post if possible) forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

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CHIEF SPORTING FIXTURES

FOR APRIL.

RACING.

*** *The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

2—Plumpton (1).
4—Birmingham Easter (1).
4—Kempton Park (1).
4—Wolverhampton (1).
4—Portsmouth Park (1).
4—Hamilton Park (1).
4—Herefordshire Hunt (1).
4—Ward Hunt (Fairyhouse) (1).
4—Cork (1).
4—Eridge Hunt (1).
4—Grafton Hunt (Towcester) (1).
4—Wincanton (1)
4—Market Rasen (1).
4—Manchester (2).
4—Torquay (2).
4—Cardiff (2).
4—Newcastle Spr. (2).
4—Wetherby (2).
5—Croxton Park (1).
5—Warwick (2).
5—Curragh (3).
6—Melton Hunt (1).
6—Huntingdon (1).
6—Tarporley (1).
6—Woodbridge Hunt M (1).
7—Pembrokeshire Hunt (Haverfordwest) (1).
7—V. W. H. Hunt (Oakley) (1).
7—Vale of Aylesbury Hunt (1).
7—Catterick Bridge (2).
7—Leicester Spr. (2).
8—Moreton-in-Marsh (1).
8—Bangor (1).
8—Royal Artillery (Aldershot) (1).
9—Alexandra Park (1).
9—Mullingar (1)
9—Beaufort Hunt (1)
9—Dumfriesshire Hunt (1).
9—1st Cavalry Brigade (Aldershot) (1)
10—Paris (1).
11—Quorn Hunt (Loughborough) (1)
11—Colwall Park (1).
11—Household Brigade (Hawthorn Hill) (2).
12—Newmarket Craven (3).
12—Limerick (2).
13—Grindon (1).
13—Retford (1).
13—Cheltenham (2).
14—Woore Hunt (1).
14—Meath Hunt (Navan) (1).
14—South Wold Hunt (Louth) (1).
15—Eglington Hunt Spr. (2).
15—Banbury (1).
15—Londonderry (1).
15—Ipswich and Essex and Sussex Hunt (1).
15—Hooton Park and Wirral Hunt (2).
15—Derby Spr. (2).
16—Windsor (1).
17—Paris (1).
18—United Border Hunt (Kelso) (1).
18—Southdown Hunt (Plumpton) (1).
18—Tri o (1).
18—Ross (1).
18—Southwell (2).
19—Glamorganshire Hunt (Cowbridge) (1).
19—Tipperary Hunt (1).
19—Bridgnorth (1).
19—Epsom Spr. (2).
19—Bungay (2).
20—Brocklesby Hunt (1).
20—Kilbeggan (1).
21—Fermoy (1).
21—Sandown Park Spr. (3).
21—Pontefract (2).
21—Ludlow Club Second Spr. (2).
23—Stockton (1).
24—Paris (1).
25—Folkestone (1).
25—Midland Hunt (Nottingham) (1).
25—Tenbury Hunt (1).
26—Shirley Hunt (1).
26—Aldershot (2).
26—Kildare and National Hunt (Punchestown) (2).
26—Newmarket First Spr. (4).
27—County of Northumberland (Rothbury) (1).
27—Pembroke Hunt (Pembroke) (1).
28—Paris (1).
28—Phœnix Park (1).
28—Thirsk Spr. (2)
28—Worcester (2).
28—Isle of Wight Hunt (2).
29—Leopardstown (2).
30—Lingfield (1).
30—Malden Erlegh (1)

BILLIARDS.

2–9—C. Harverson *v.* M. Inman for £100, at the Grand Hall, Leicester Square, W.C.
11–23—C. Dawson *v.* H. W. Stevenson, 18,000 up for £200, at Ginnett's Circus, Newcastle.
11–23—C. Harverson *v.* W. Cook, at the Grand Hall, Leicester Square, W.C.

ATHLETICS AND CYCLING.

(*See Sporting Papers for Easter Meetings.*)

9—A.A.A. Ten miles Running and Eight miles Walking Championships, at Rochdale.
16—South London Harriers Spring Meeting at the Oval.
16—Surbiton C.C. Sports.

GYMNASTICS.

9—International Competitions, at Newport (Mon.).

GOLF.

1 —Southport: Easter Tournament.
1–4 —Hesketh: Easter Meeting (continued).
2 —West Cornwall: Club Prize.
2, &c. —Royal St George's, Sandwich: Spring Meeting.
2–4 —Southwold: Easter Meeting.
2–4 —Warlingham: Easter Meeting.
2–5 —Littlestone: Ladies' Easter Meeting.
2–5 —Rye: Easter Meeting and Annual General Meeting.
2–5 —Hunstanton: Easter Meeting.
2–5 —Royal Portrush: Easter Meeting.
4 —West Lancashire: Easter Meeting.
4–6 —West Cornwall: Ladies' Knock-out Foursomes.
5 —Chislehurst: Ladies' Bogey Fours Handicap.
6 —Hunstanton: Ladies' Meeting.
9 —Burntisland: Kirkwood Badge.
10, 23, 30—"Edinburgh Evening Dispatch" Tournament.
12, 14, 16—Wimbledon: Ladies' Spring Meeting.
14 —West Cornwall: Ladies' Club Prize.
19 —Oxford *v.* Cambridge, at Woking.
20–21 —Ranelagh: Ladies' Open Meeting.
21–23 —Sussex County Union Championship Meeting, Lewes.
22 —Middlesex County *v.* Hants, at Ashford Manor.
23 —Richmond (Sudbrook Park): Meeting.
23 —Wallasey: Spring Meeting.
23–25 —Lytham and St. Annes: Spring Meeting.
26 —Stanmore: Ladies' Open Meeting.
27–29 —Royal Liverpool: Spring Meeting.
29 —Edinburgh Burgess Golfing Society: Spring Meeting.
29–30 —Minchinhampton: Spring Meeting.
30 —Southport: Spring Meeting.
30 —Hesketh: Spring Meeting.

LACROSSE.

9—Southern Trial Game at Lord's.
16—North *v.* South, at Manchester.

BOXING.

4, 11, 18 and 25—Contests at the National Sporting Club Covent Garden, W.C.

CRICKET.

29—London County *v.* Surrey, at the Crystal Palace.

FOOTBALL.

Association.

9—Scotland *v.* England, in Scotland.
23—Football Association Challenge Cup Final, at the Crystal Palace.
(*For League and other matches, see Sporting Papers.*)

RACQUETS.

12, &c.—Public Schools Championships, at Queen's Club, West Kensington.
18, &c.—Amateur Championships, at Queen's Club, West Kensington.

LAWN TENNIS.

25, &c.—Covered Courts Championships, at Queen's Club, West Kensington.

DOG SHOWS AND FIELD TRIALS.

2 —Preston.
7 —Falkirk.
12 —Ipswich, near (International Gun Dog League).
13–15—Ipswich, near (Kennel Club's Field Trials).
19–20—Crystal Palace (Fox Terriers).
20–21—Newmarket, near (English Setter Field Trials).
23 —Blackburn.
26–28—Shrewsbury, near (National Field Trials).
28 —Colchester.
30 —Barrow-in-Furness.

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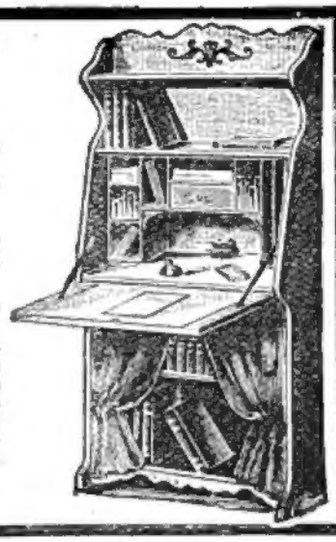

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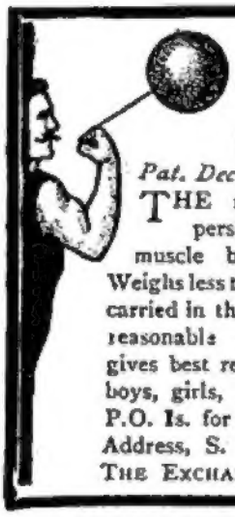

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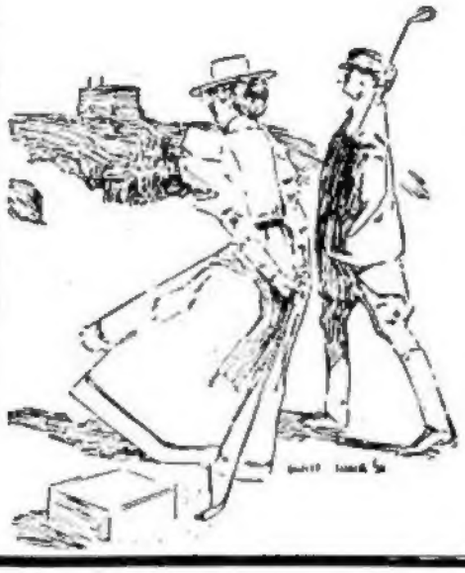

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